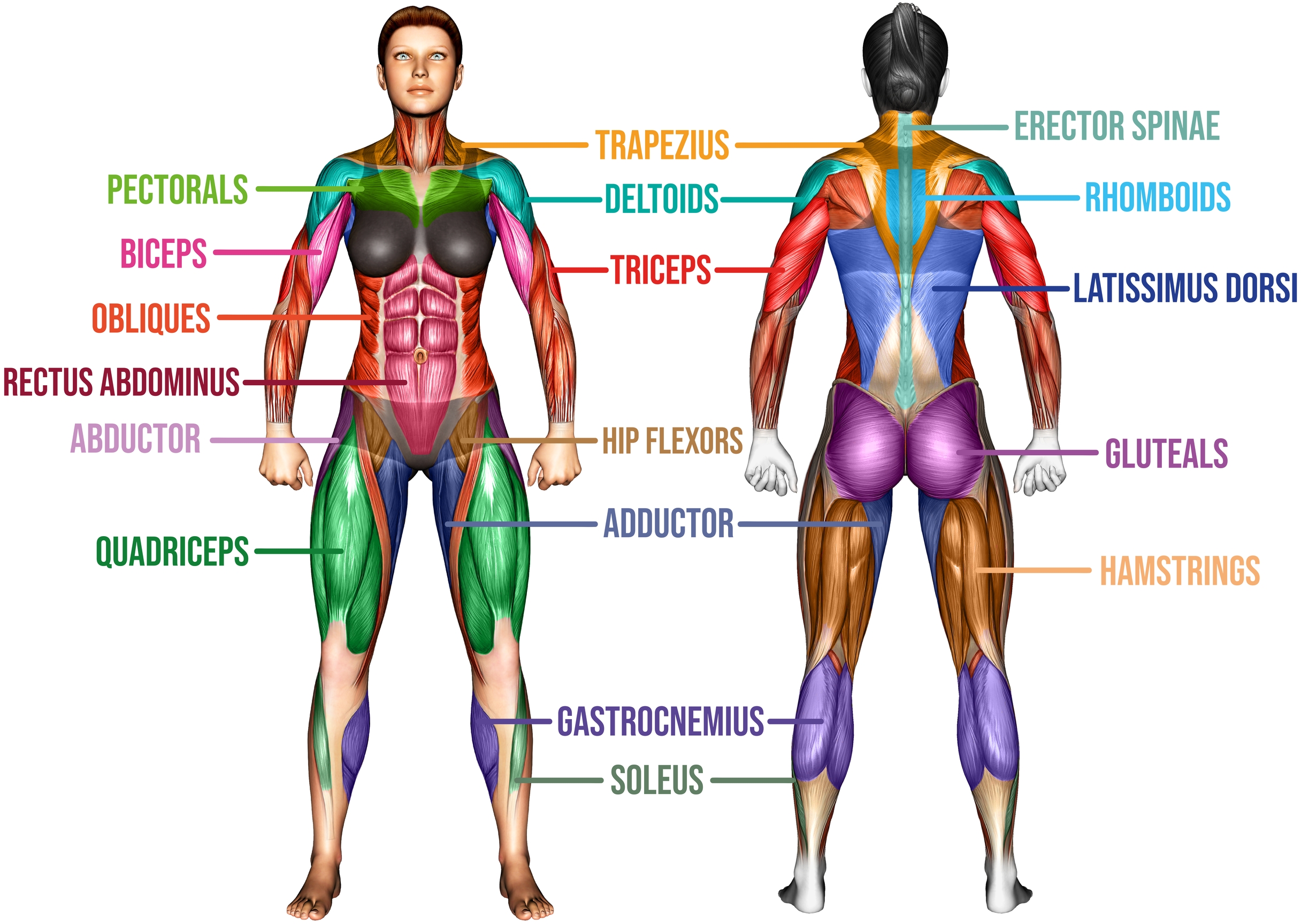
TRAPEZIUS
ERECTOR SPINAE
PECTORALS
DELTOIDS
RHOMBOIDS
BICEPS
TRICEPS
LATISSIMUS DORSI
OBLIQUES
RECTUS ABDOMINUS
ABDUCTOR
HIP FLEXORS
GLUTEALS
ADDUCTOR
QUADRICEPS
HAMSTRINGS
GASTROCNEMIUS
SOLEUS