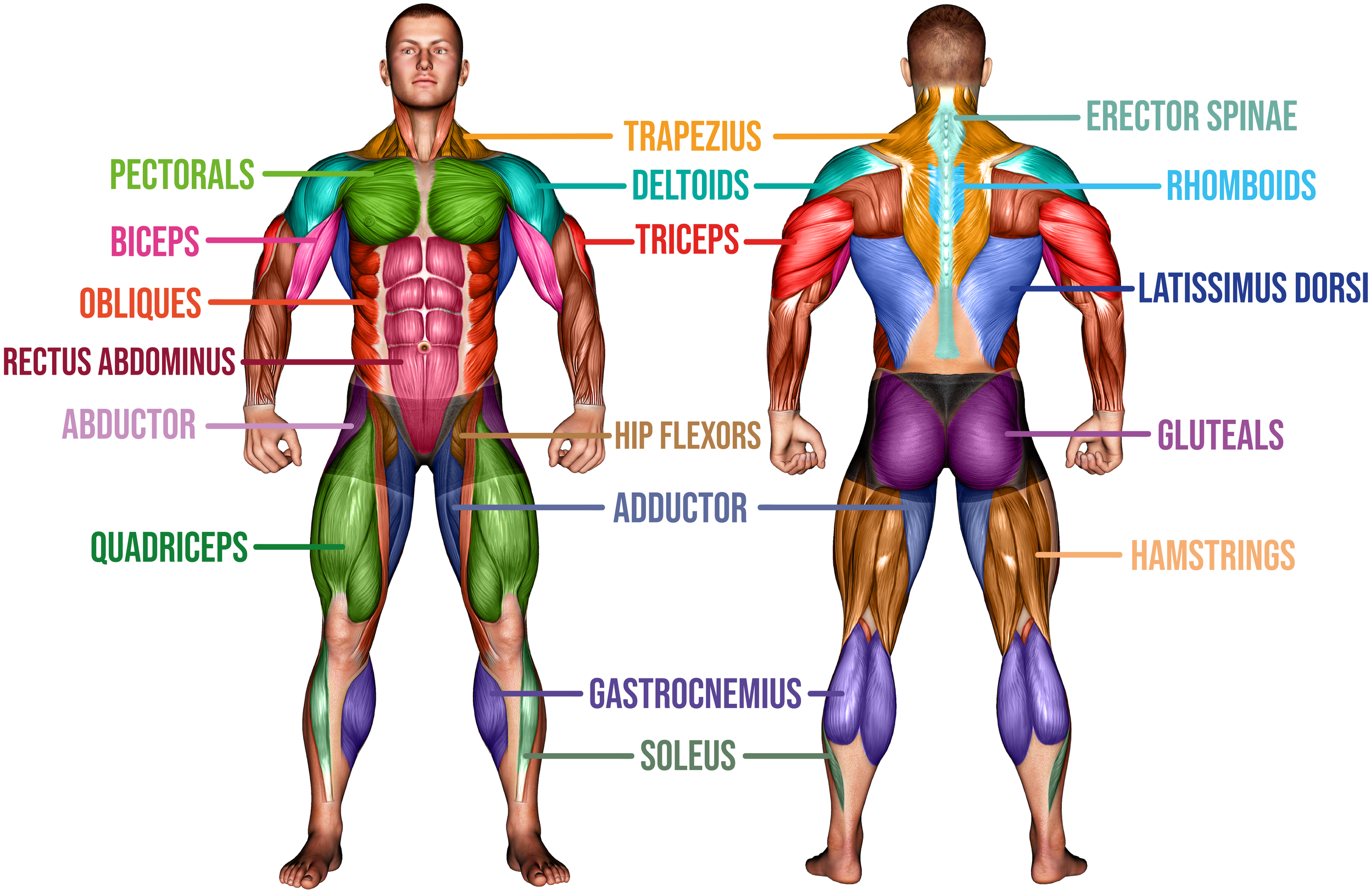
TRAPEZIUS
PECTORALS
DELTOIDS
BICEPS
TRICEPS
OBLIQUES
RECTUS ABDOMINUS
ABDUCTOR
HIP FLEXORS
ADDUCTOR
QUADRICEPS
GASTROCNEMIUS
SOLEUS
ERECTOR SPINAE
RHOMBOIDS
LATISSIMUS DORSI
GLUTEALS
HAMSTRINGS