

HEAD & NECK

1



SHOULDERS

2



CHEST

3



BICEPS

4



HAMSTRING

8



OUTER THIGH

7



GLUTES

6



TRICEPS

5



QUADRICEPS

9



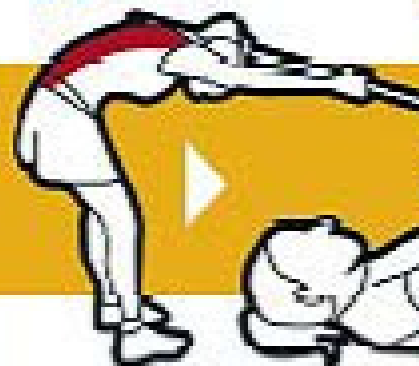
CALF

10



UPPER BACK

11



LOWER BACK

12

