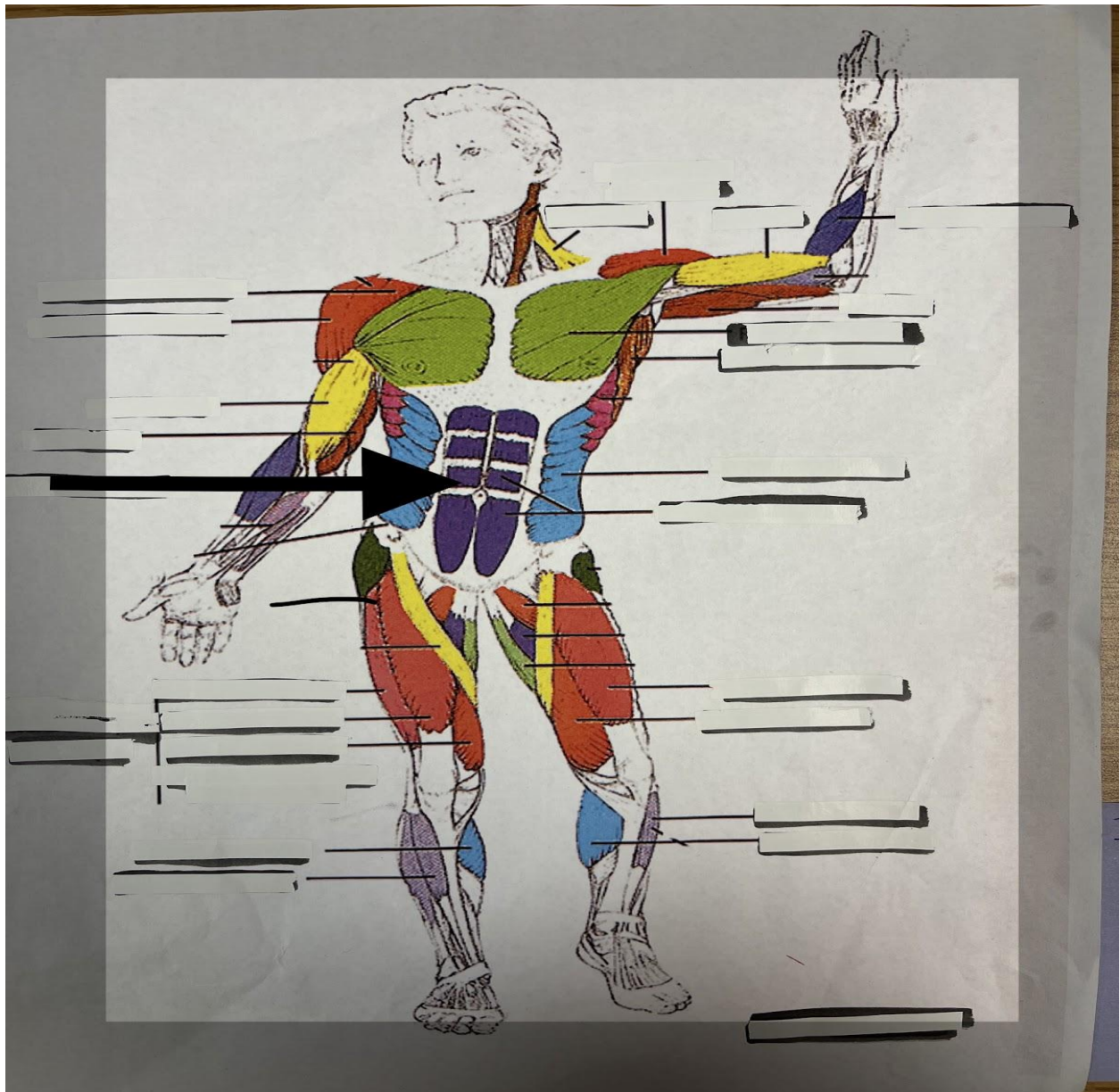
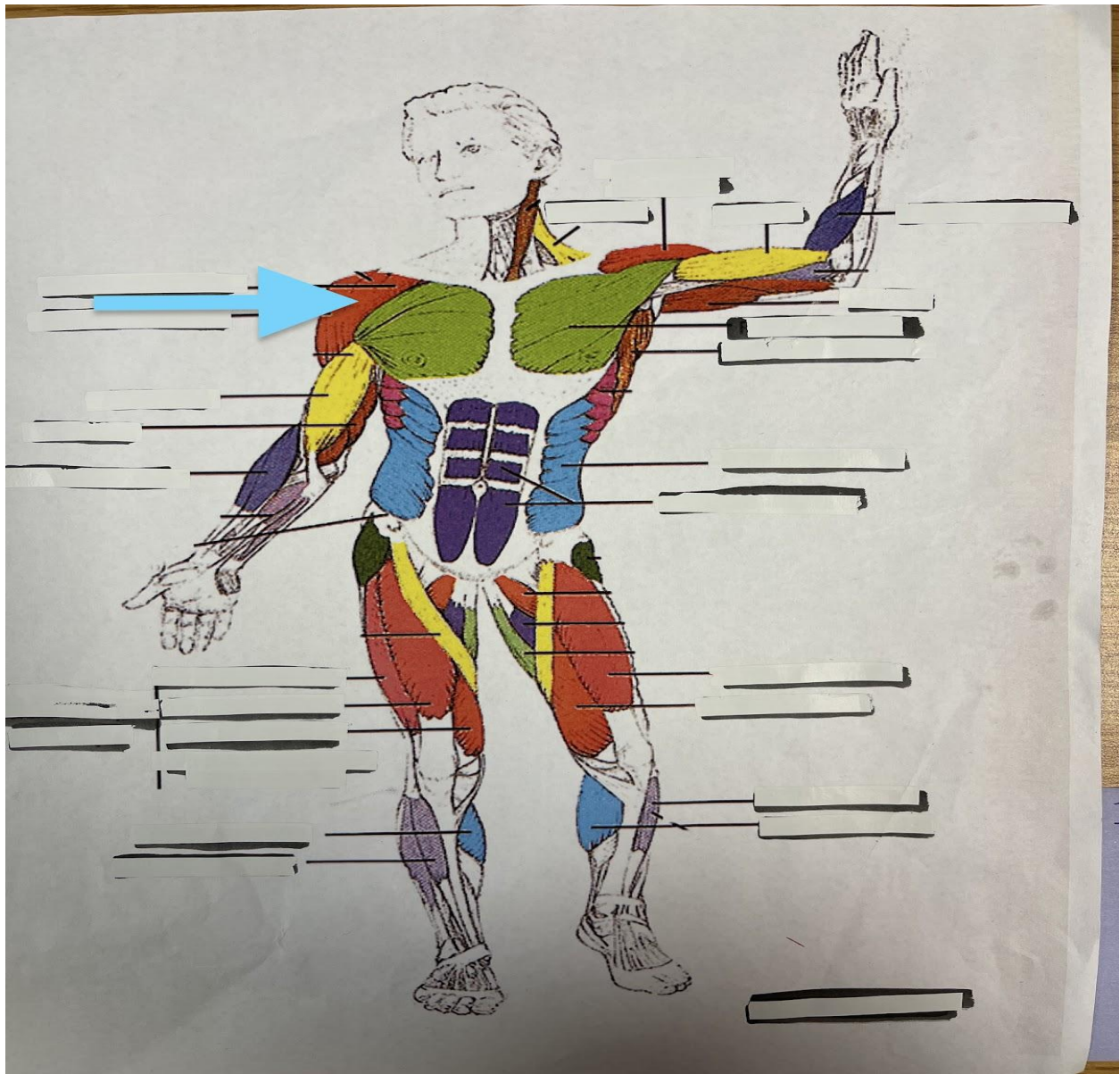
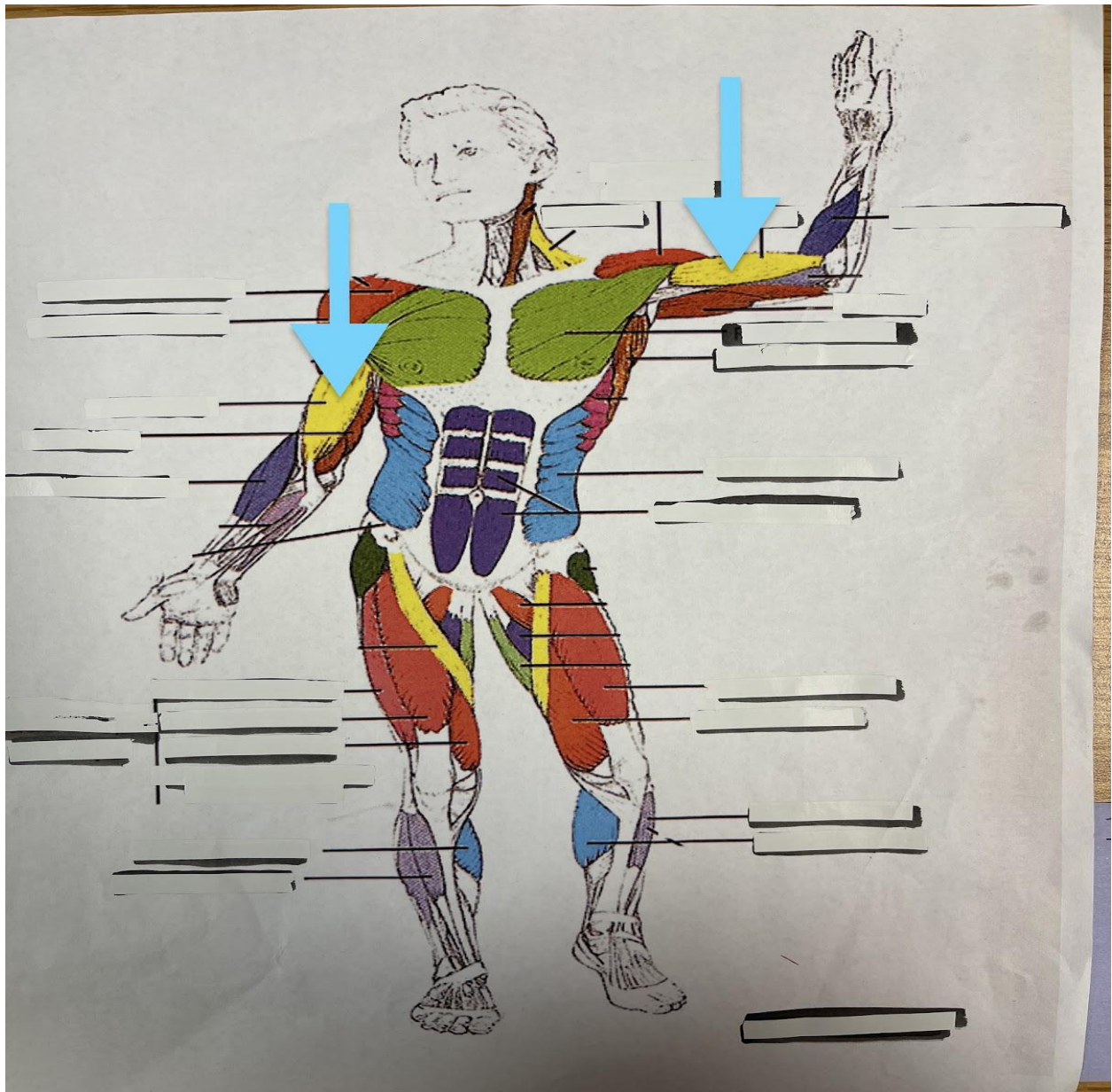




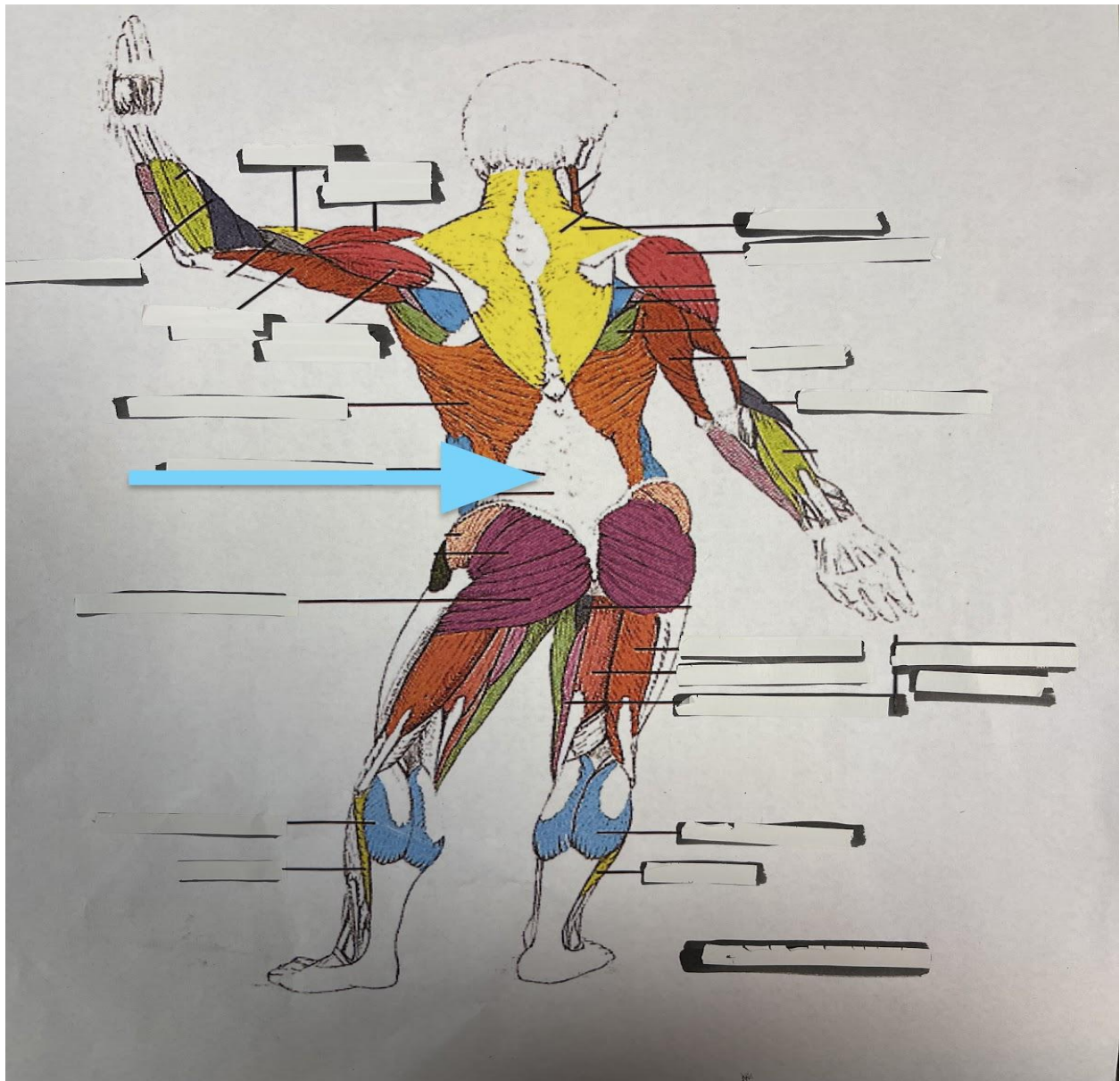
Abdominals



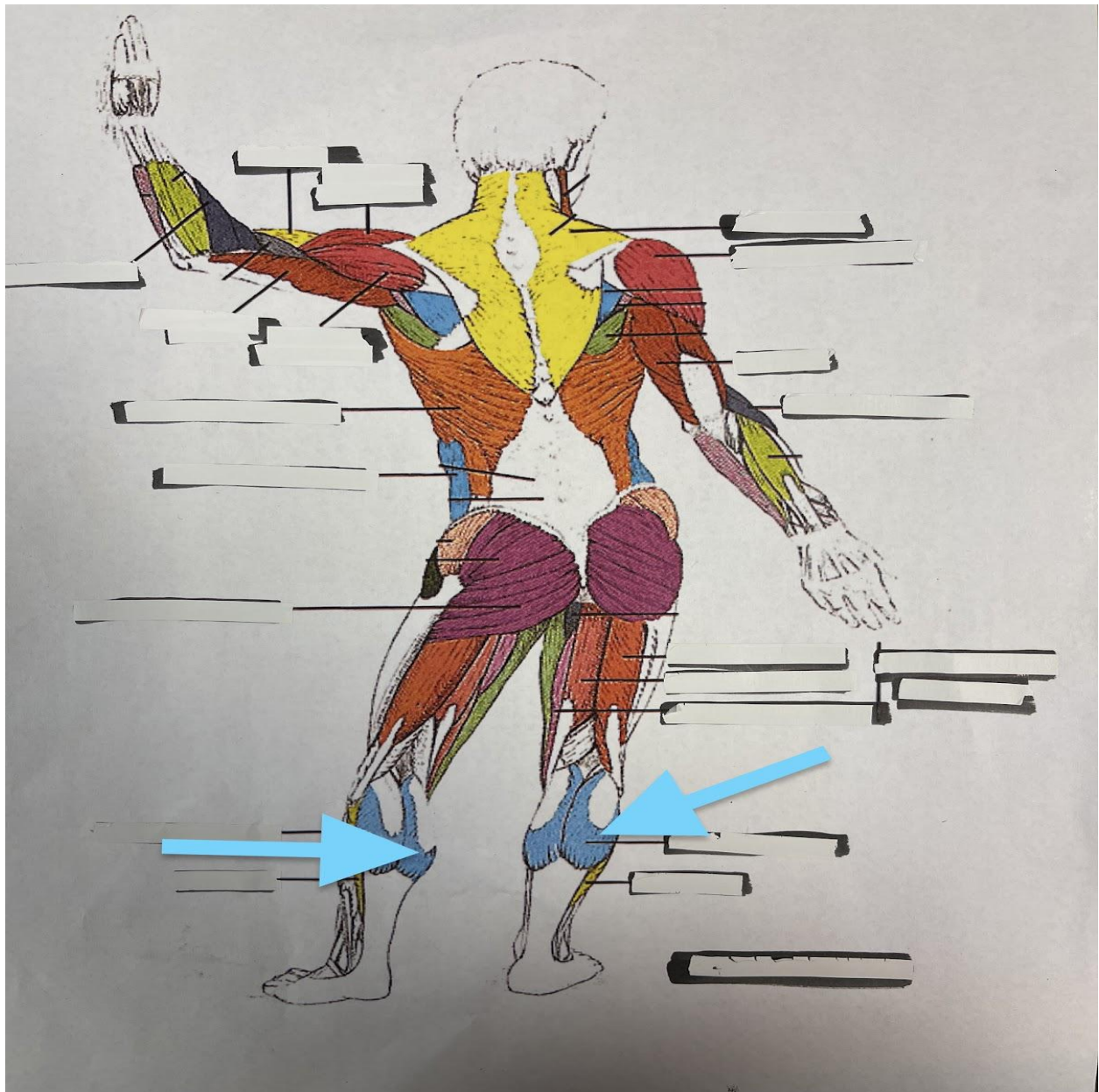
Anterior Deltoid



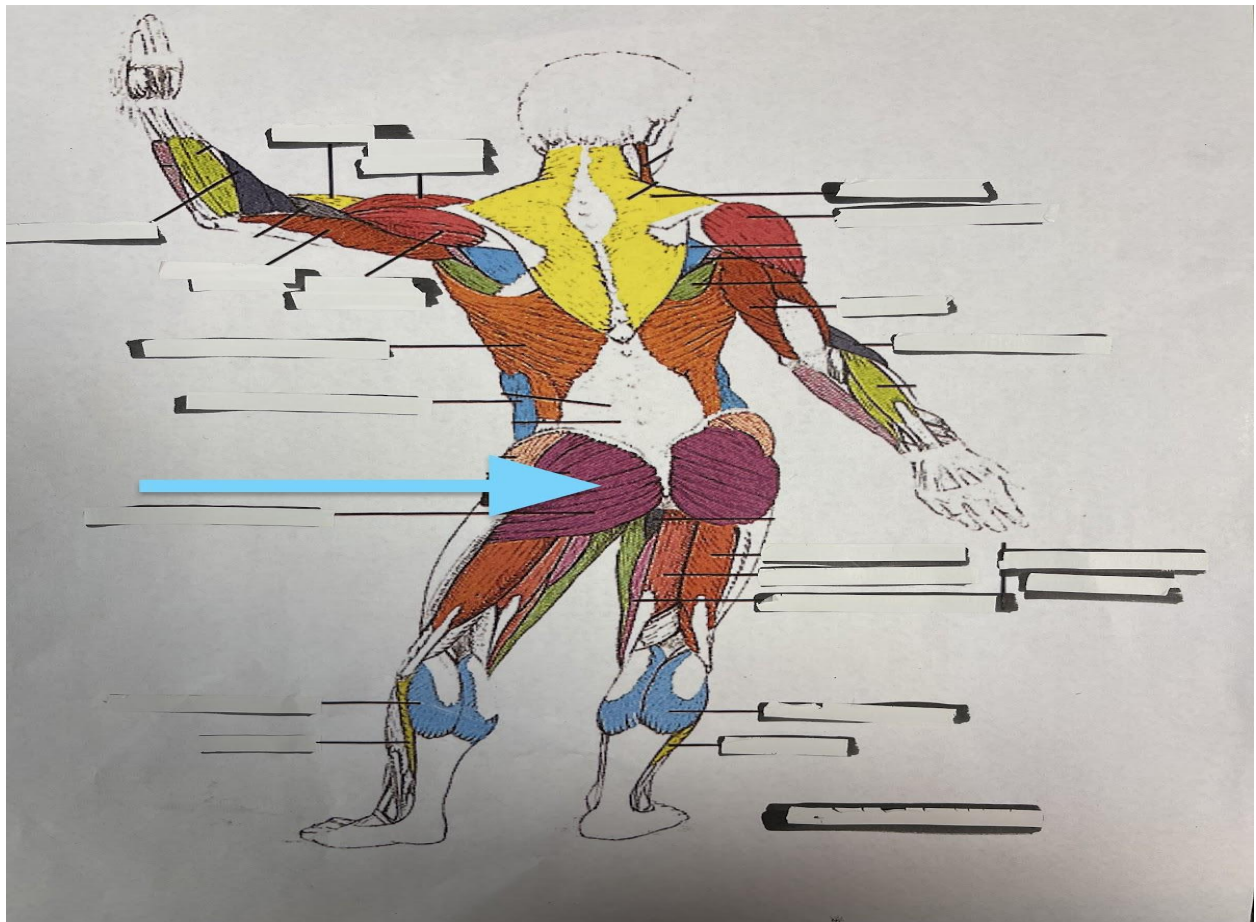
Biceps



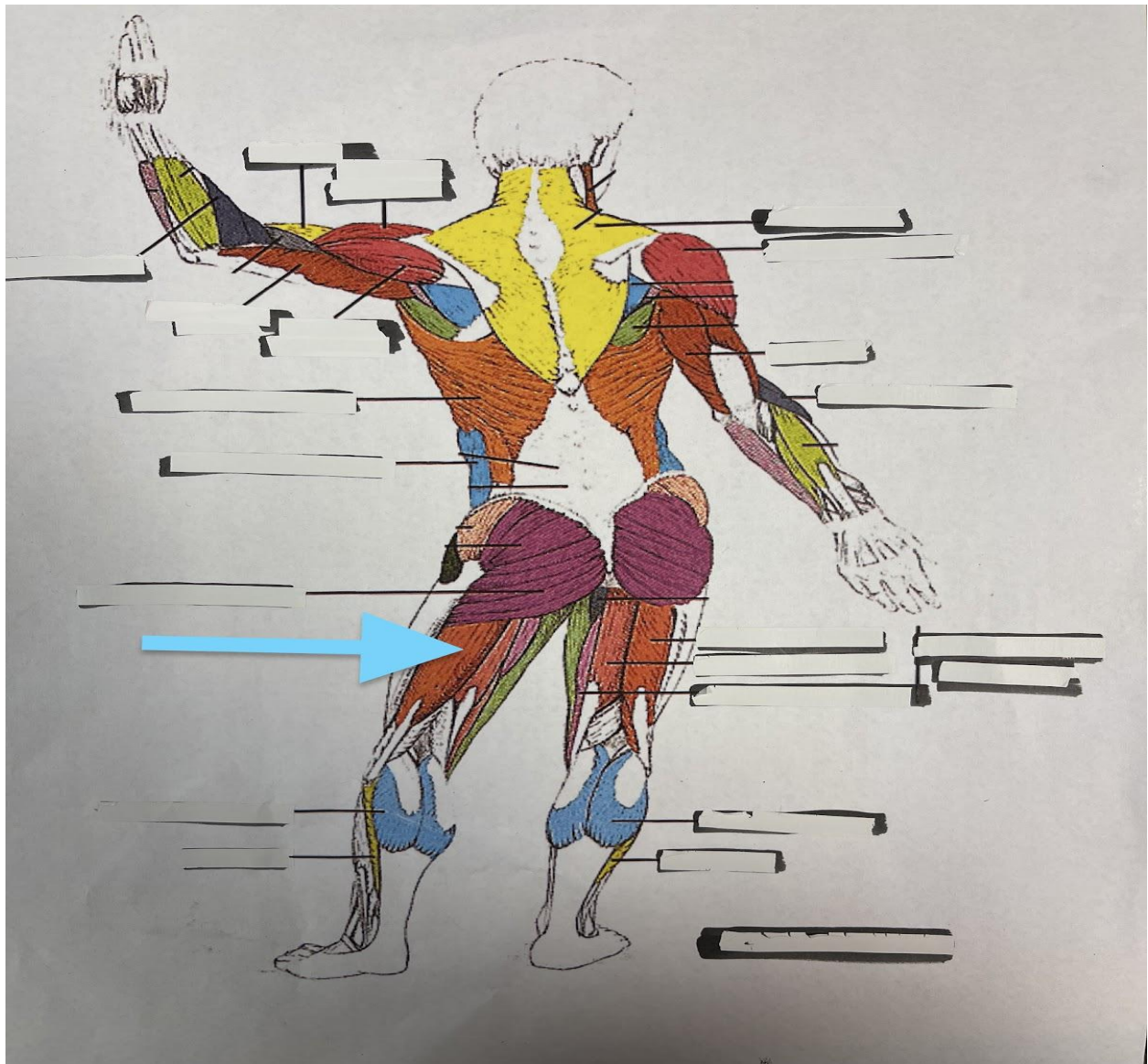
Erector Spinae



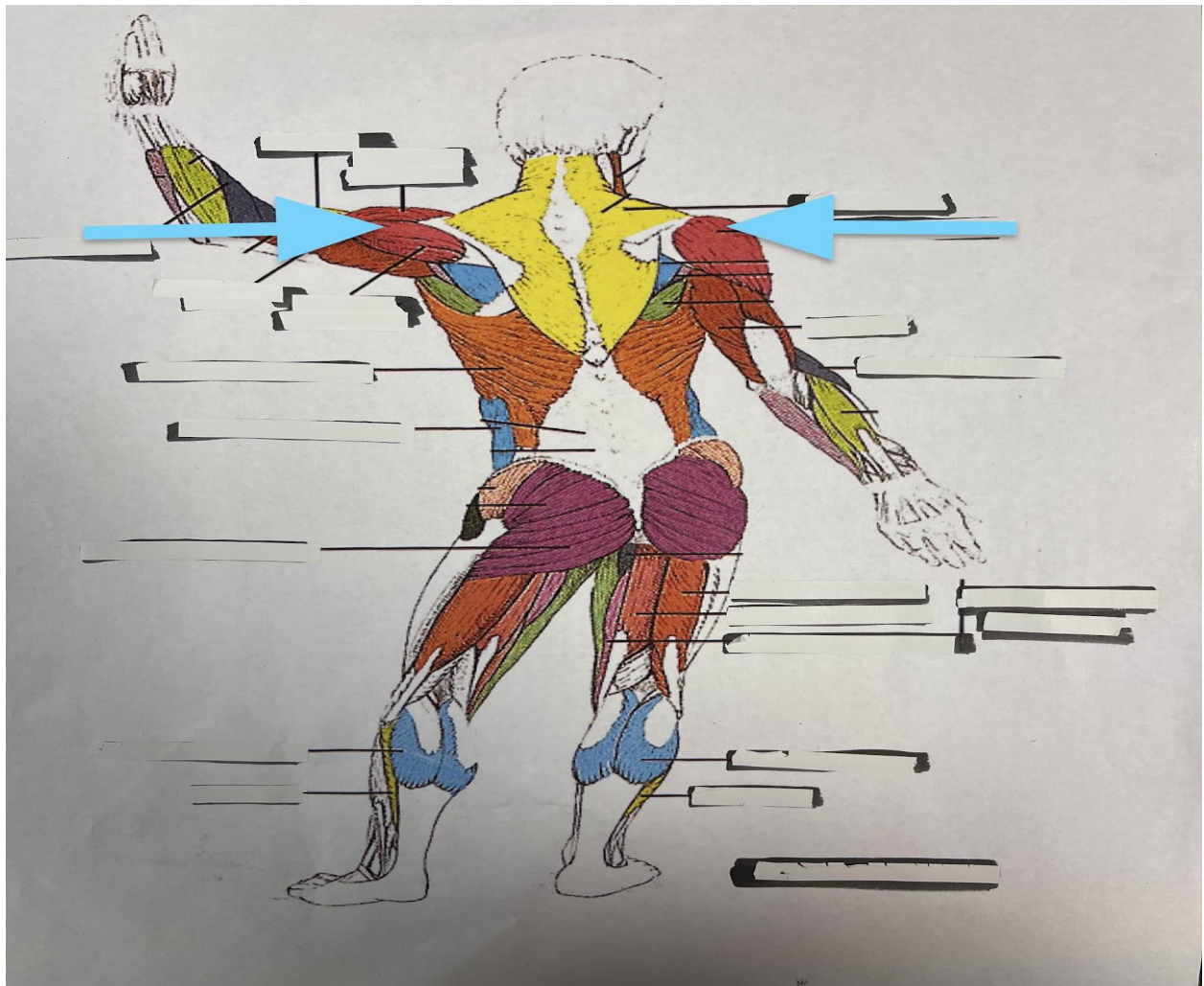
Gastrocnemius



Gluteus Maximus



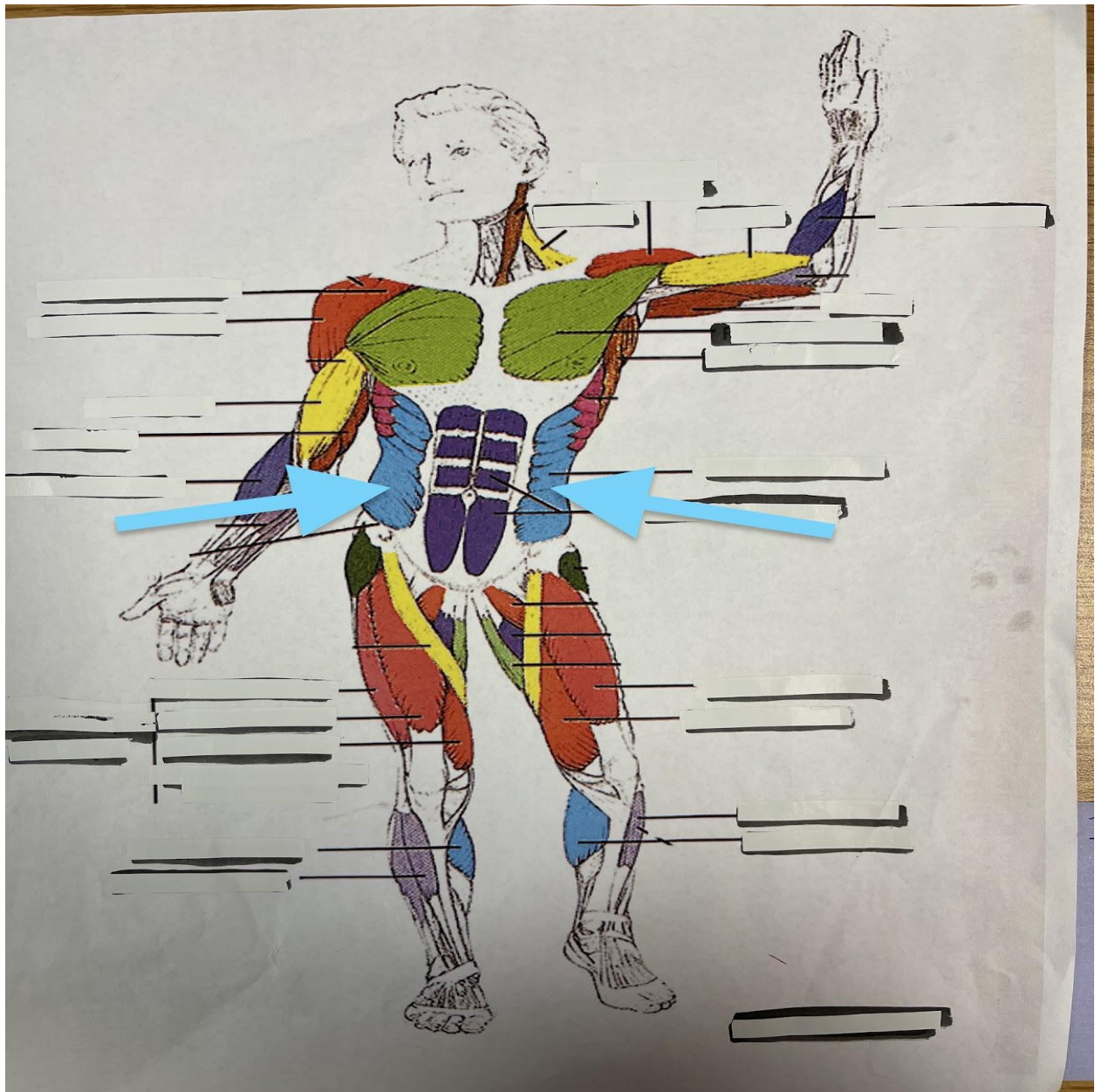
Hamstrings



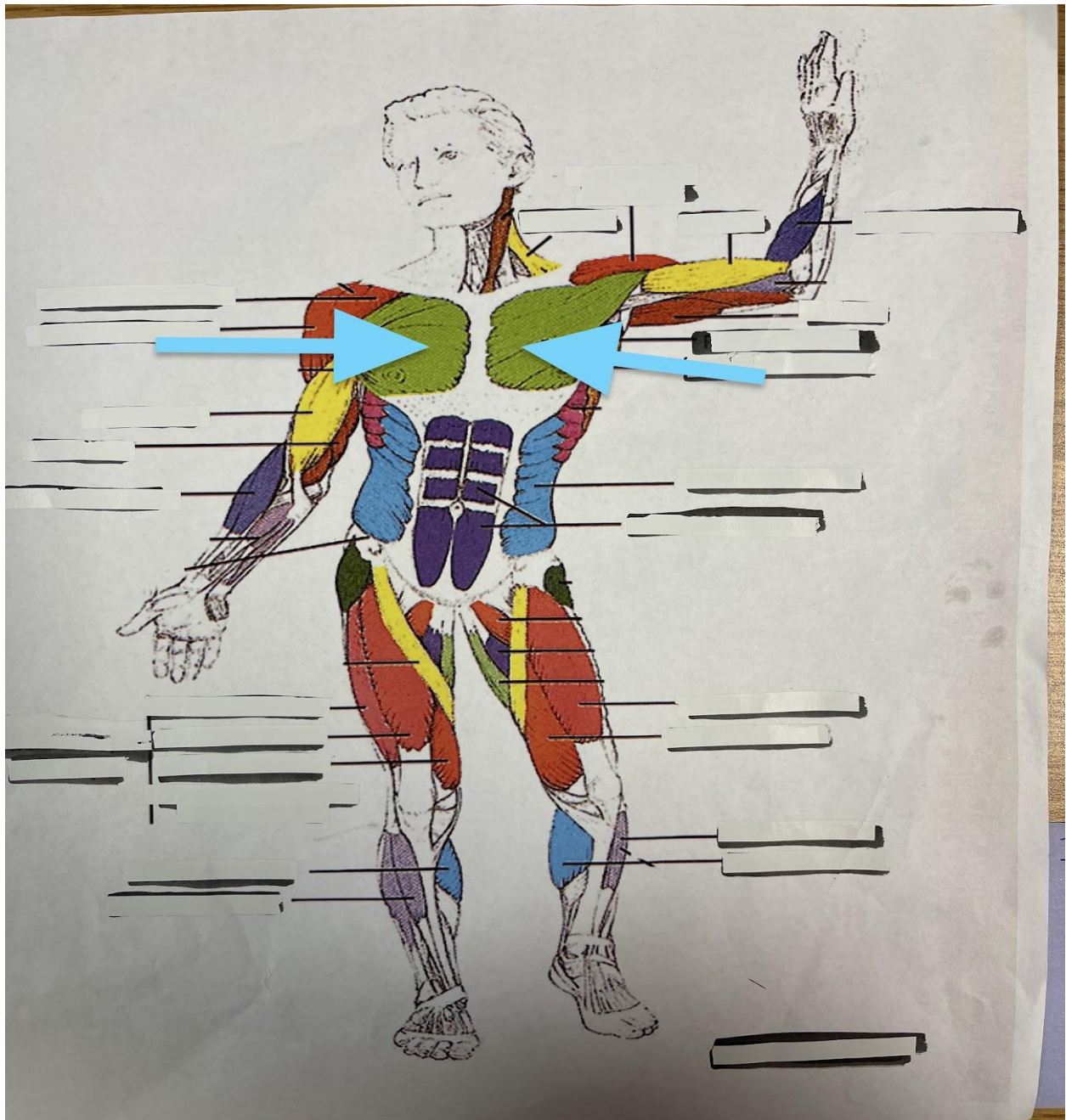
Rear Deltoids



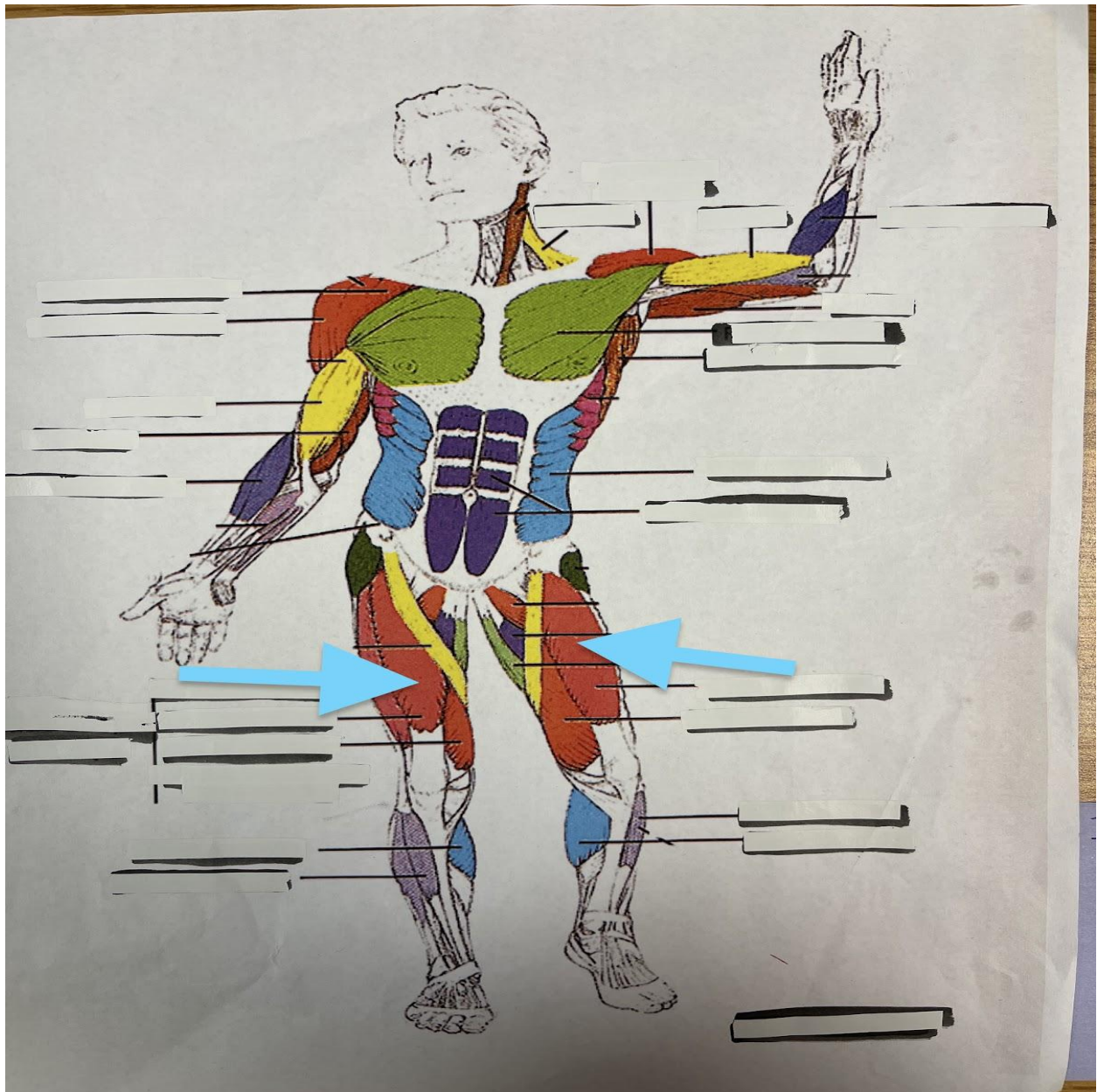
Latissimus Dorsi



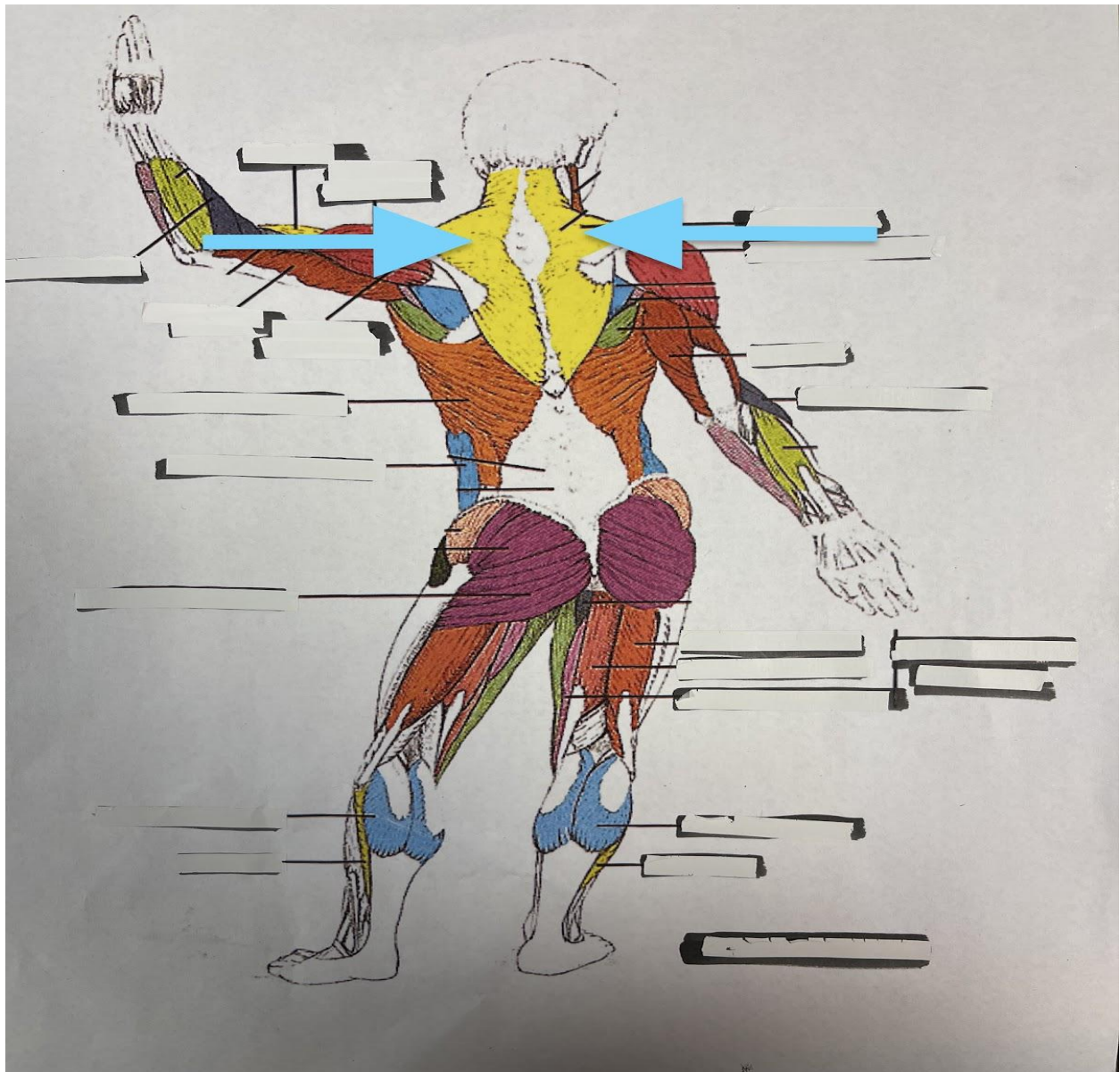
Obliques



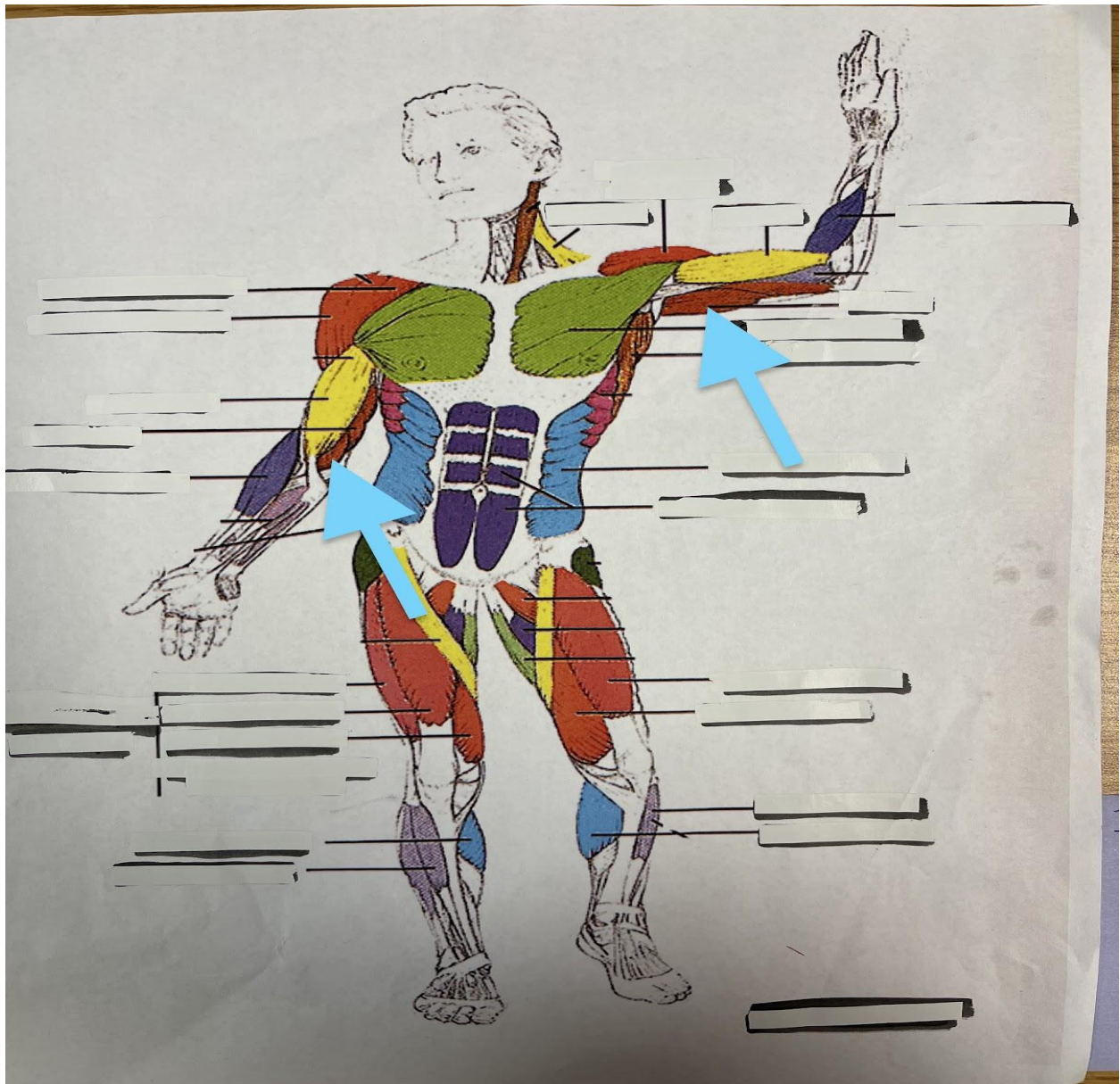
Pectoralis Major



Quadriceps



Trapezius



Triceps