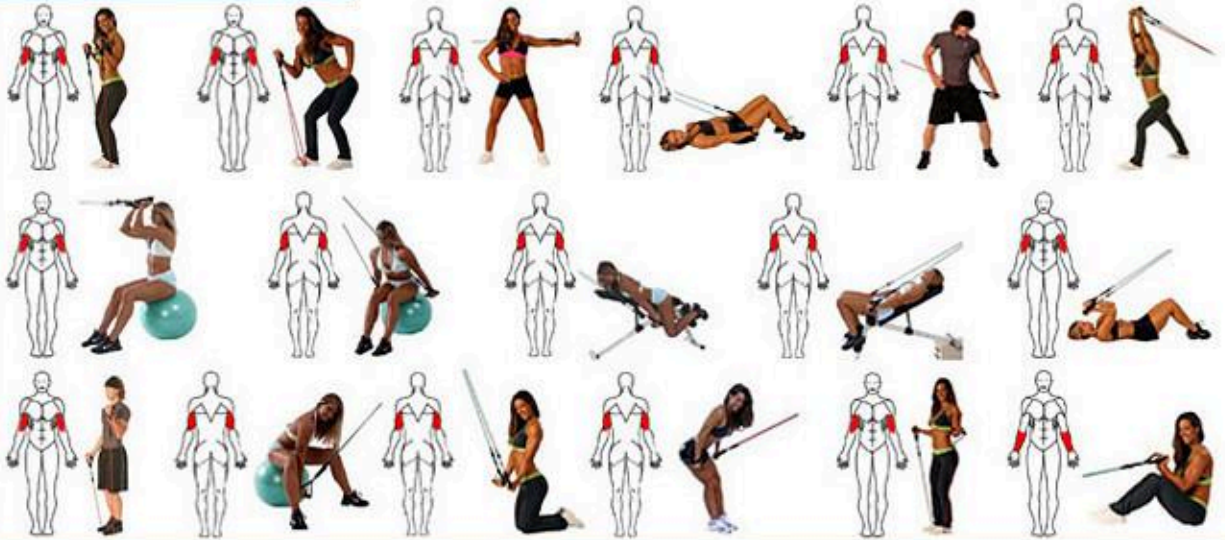


HOW TO USE:

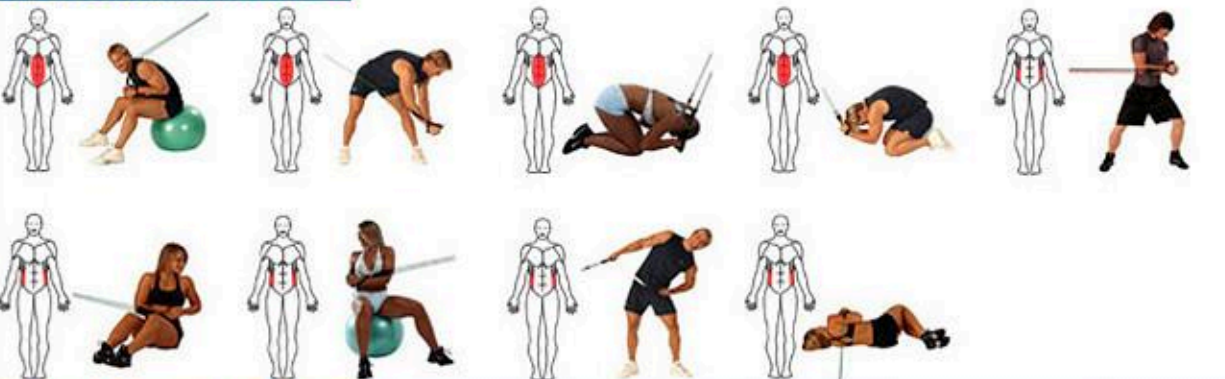
Arm muscles



Shoulder muscles



Abdominal muscles



Chest muscles

