

Hamstrings

External Obliques

Triceps

Soleus

Latissimus Dorsi

Quadriceps

Pectoralis Major

Rectus Abdominus

Biceps

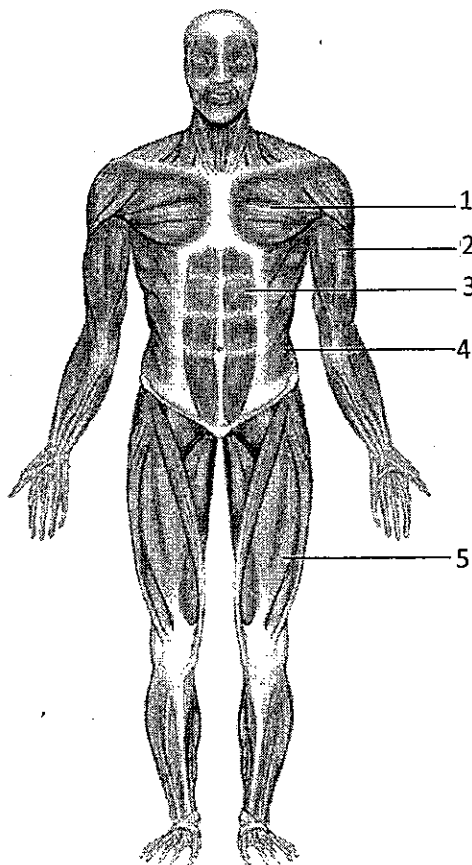
Deltoid

Trapezius

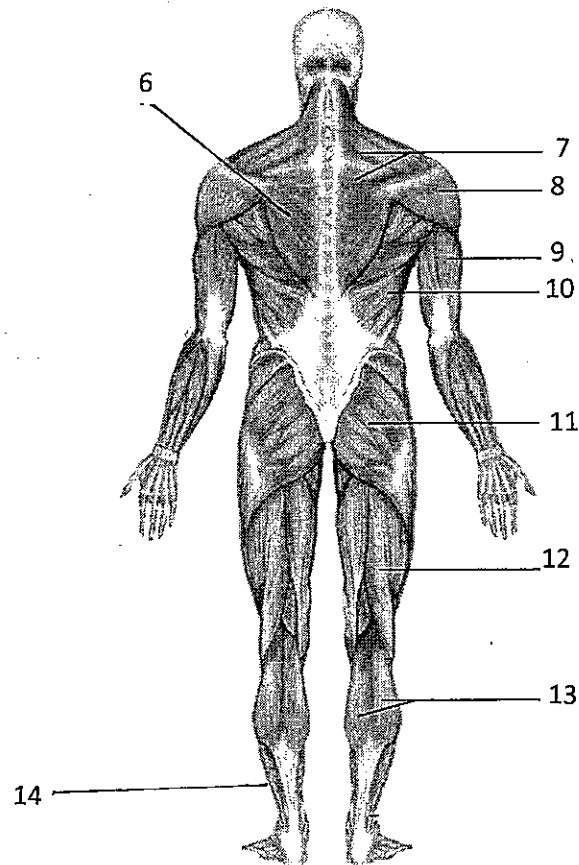
Gluteus Maximus

Rhomboids

Gastrocnemius



Front of the Body



Back of the Body