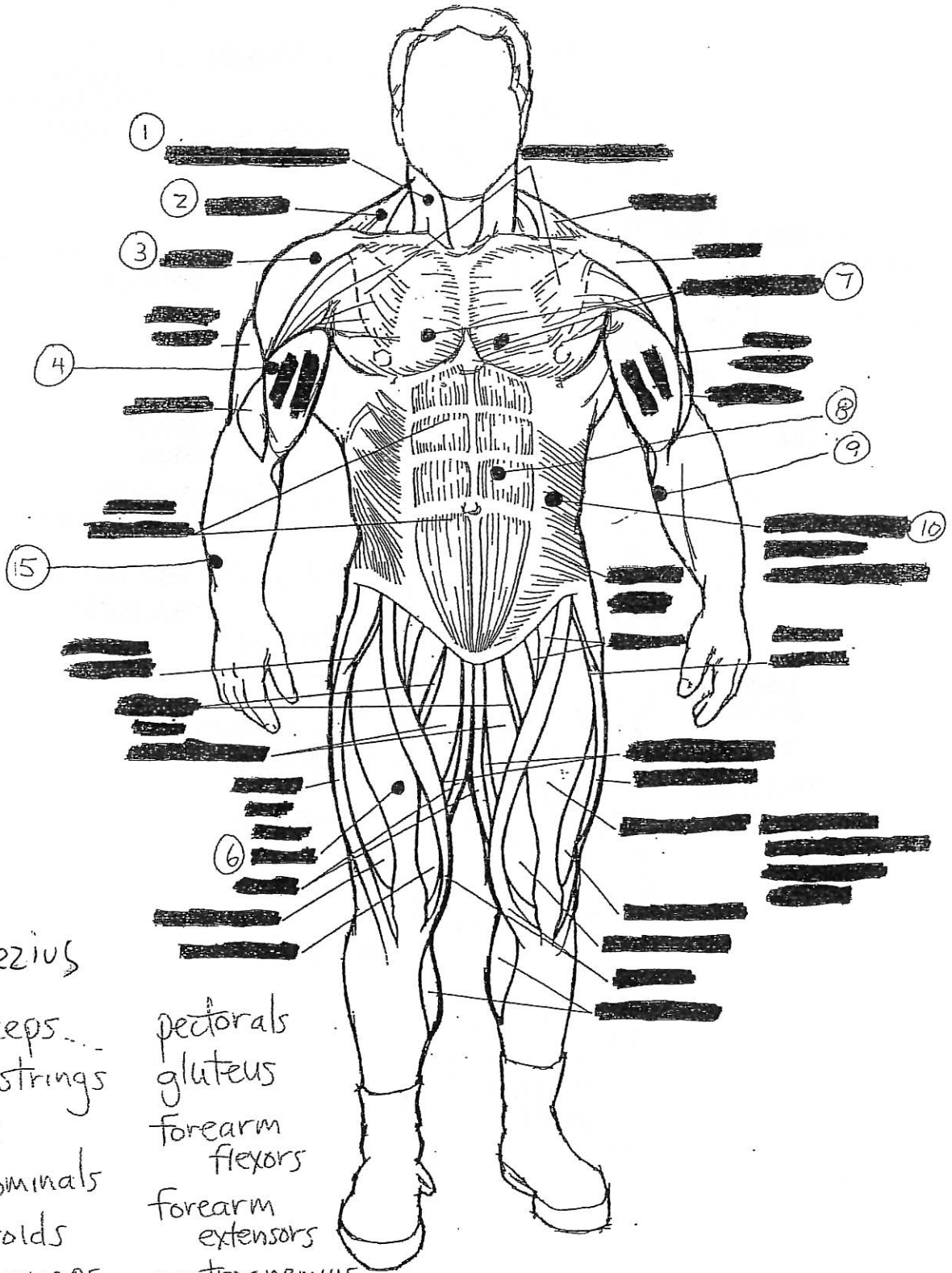


BODY PARTS



Trapezius

triceps
 hamstrings
 lats
 abdominals
 deltoids
 quadriceps
 biceps

pectorals
 gluteus
 forearm flexors
 forearm extensors
 gastrocnemius
 external obliques
 sternomastoid