

TRAPS

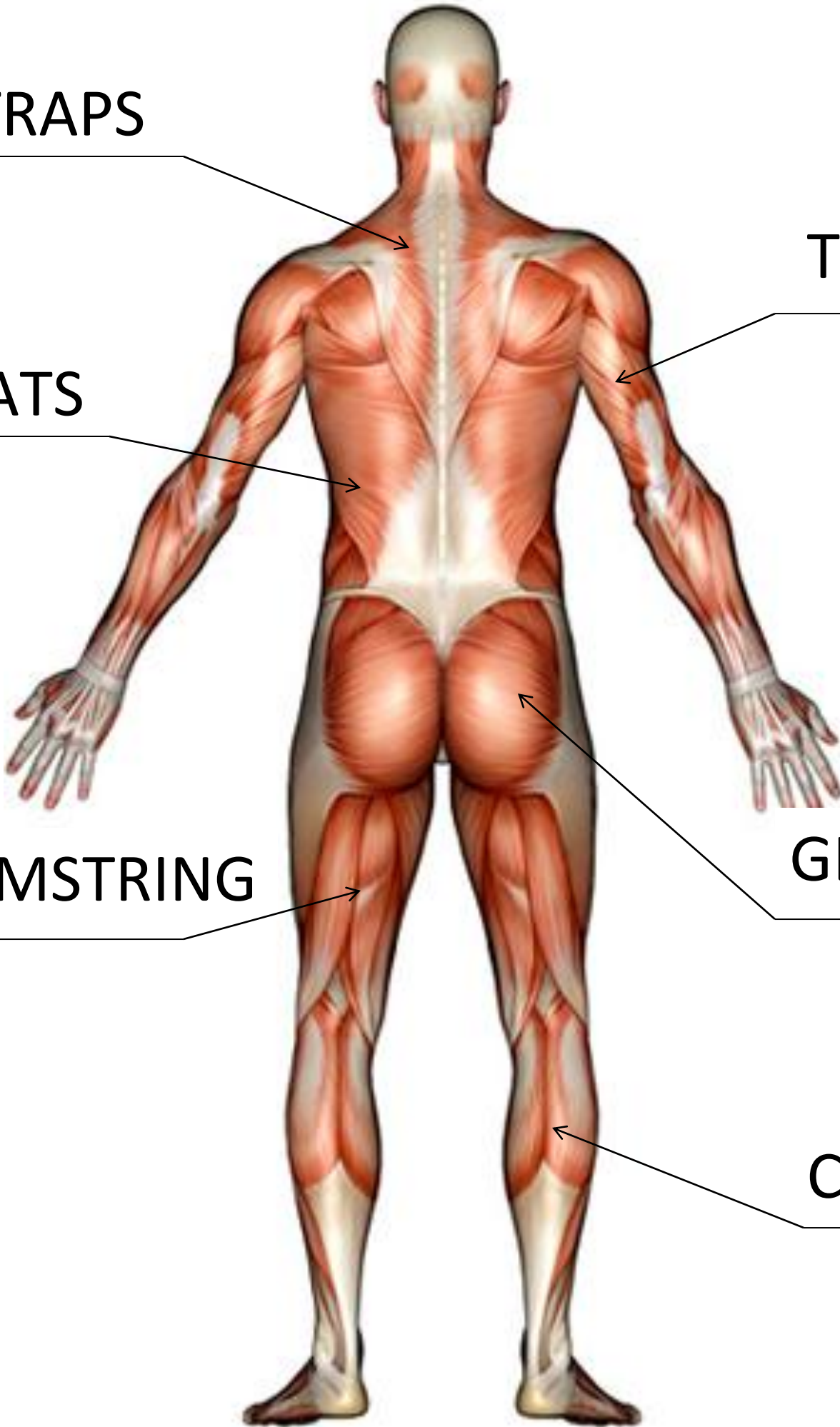
TRICEP

LATS

HAMSTRING

GLUTES

CALVES



DELTOID

PECS

ABS

BICEP

QUADS

OBLIQUE

