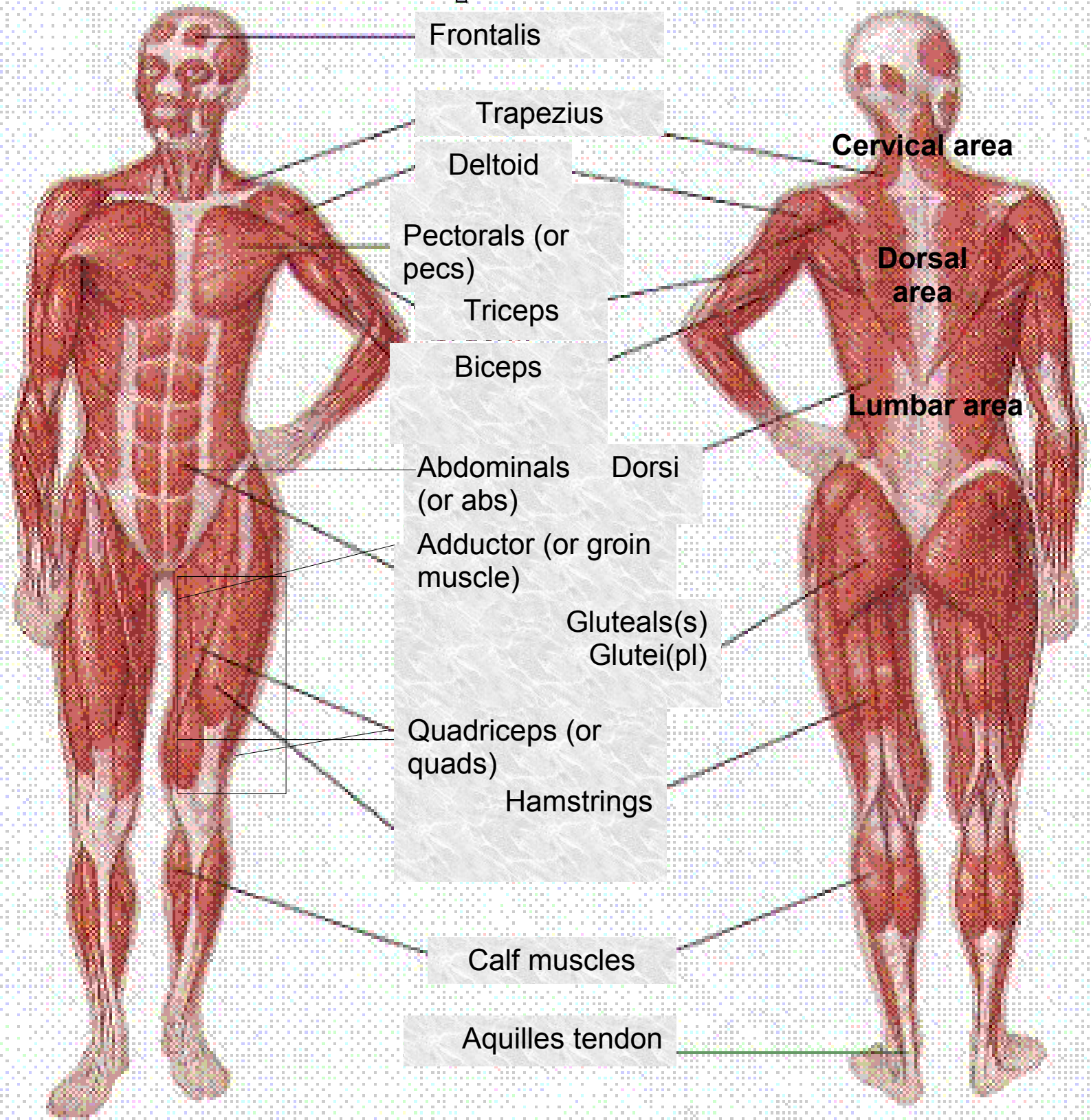


Some important muscles



Frontalis

Trapezius

Deltoid

Pectorals (or pecs)

Triceps

Biceps

Abdominals (or abs)

Adductor (or groin muscle)

Quadriceps (or quads)

Hamstrings

Calf muscles

Aquilles tendon

Cervical area

Dorsal area

Lumbar area

Dorsi

Gluteals(s)
Glutei(pl)