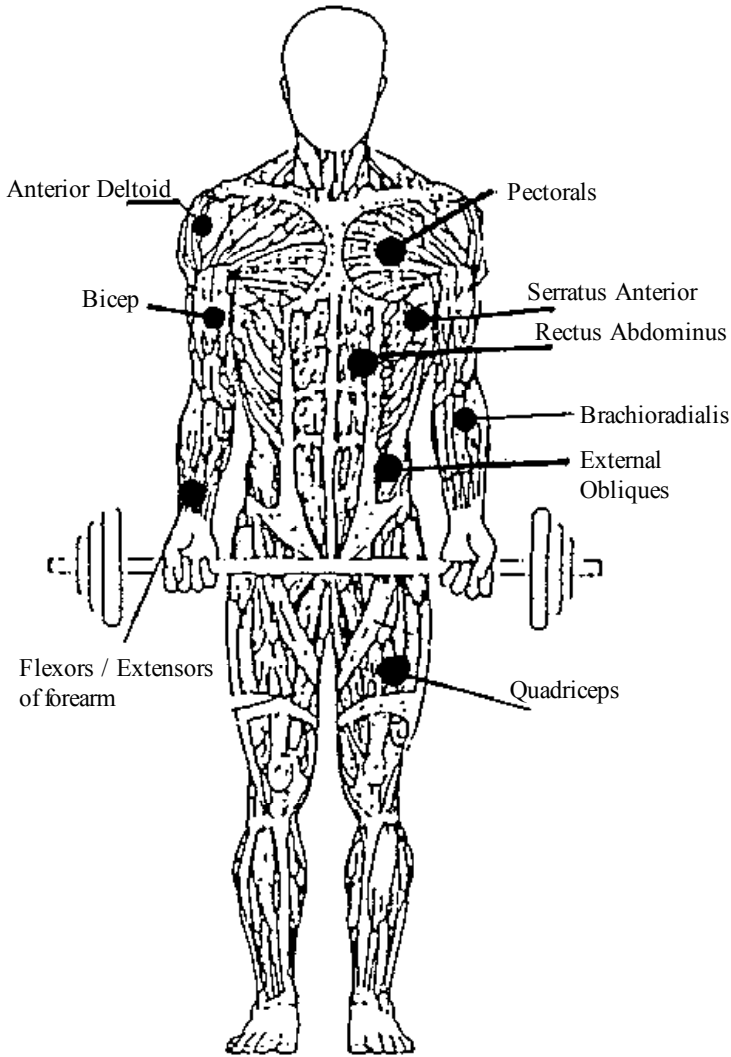
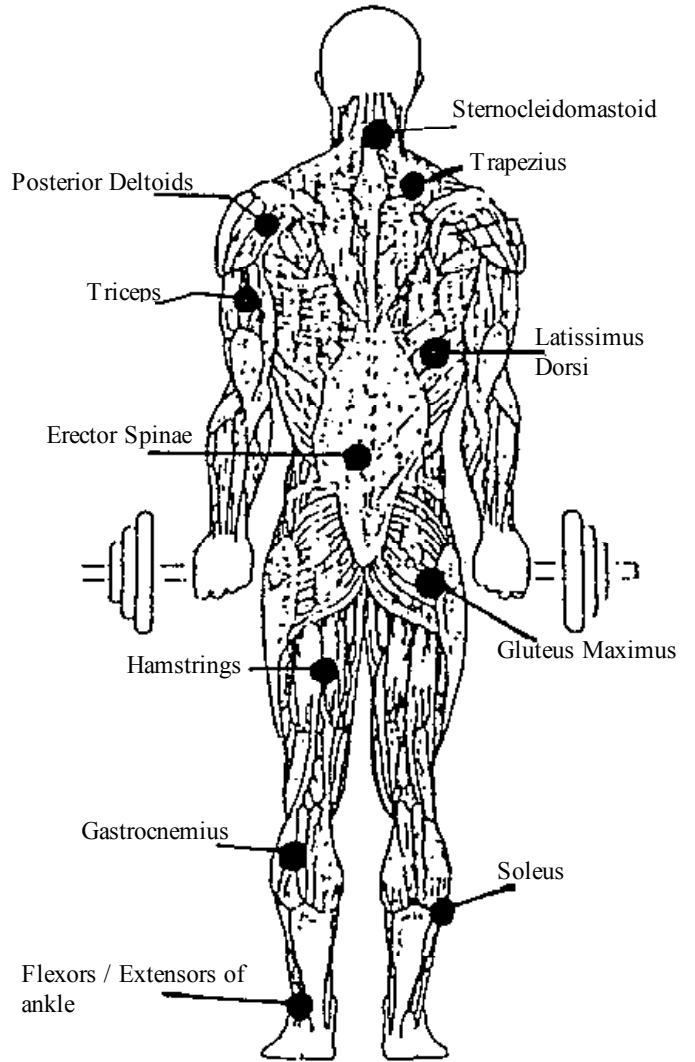


MUSCLE IDENTIFICATION



FRONT VIEW



BACK VIEW

EXERCISE AND MUSCLE GUIDE

