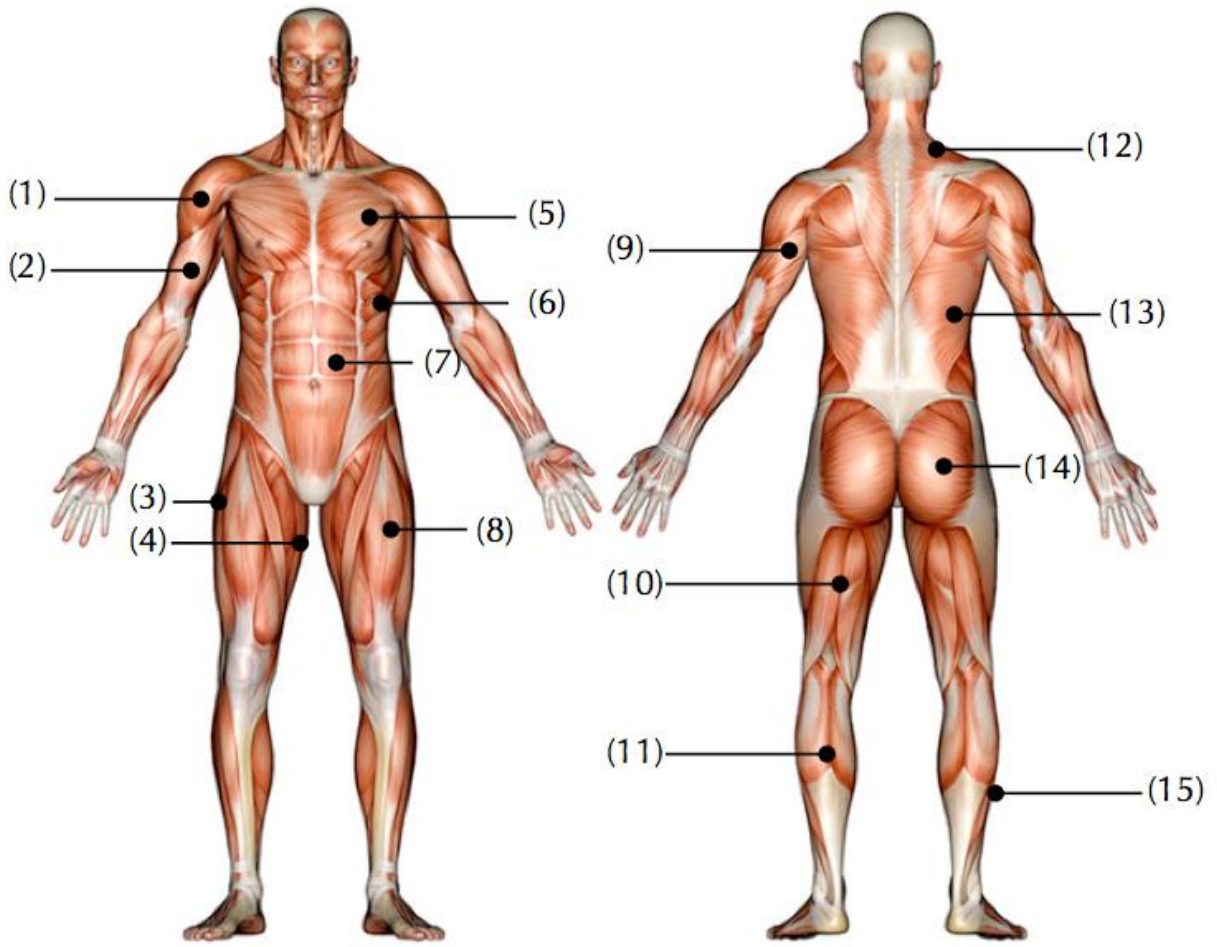


1-Anterior Deltoid	9-Triceps
2- Biceps	10-Hamstrings
3-Abductor	11-Gastrocnemius
4-Adductor	12-Trapezius
5- Pectoral	13-Latissimus Dorsi
6-Obliques	14-Gluteas Maximus
7-Rectus Abdominus	15-Soleus
8-Quadriceps	



Anterior (front) View

Posterior (back) View