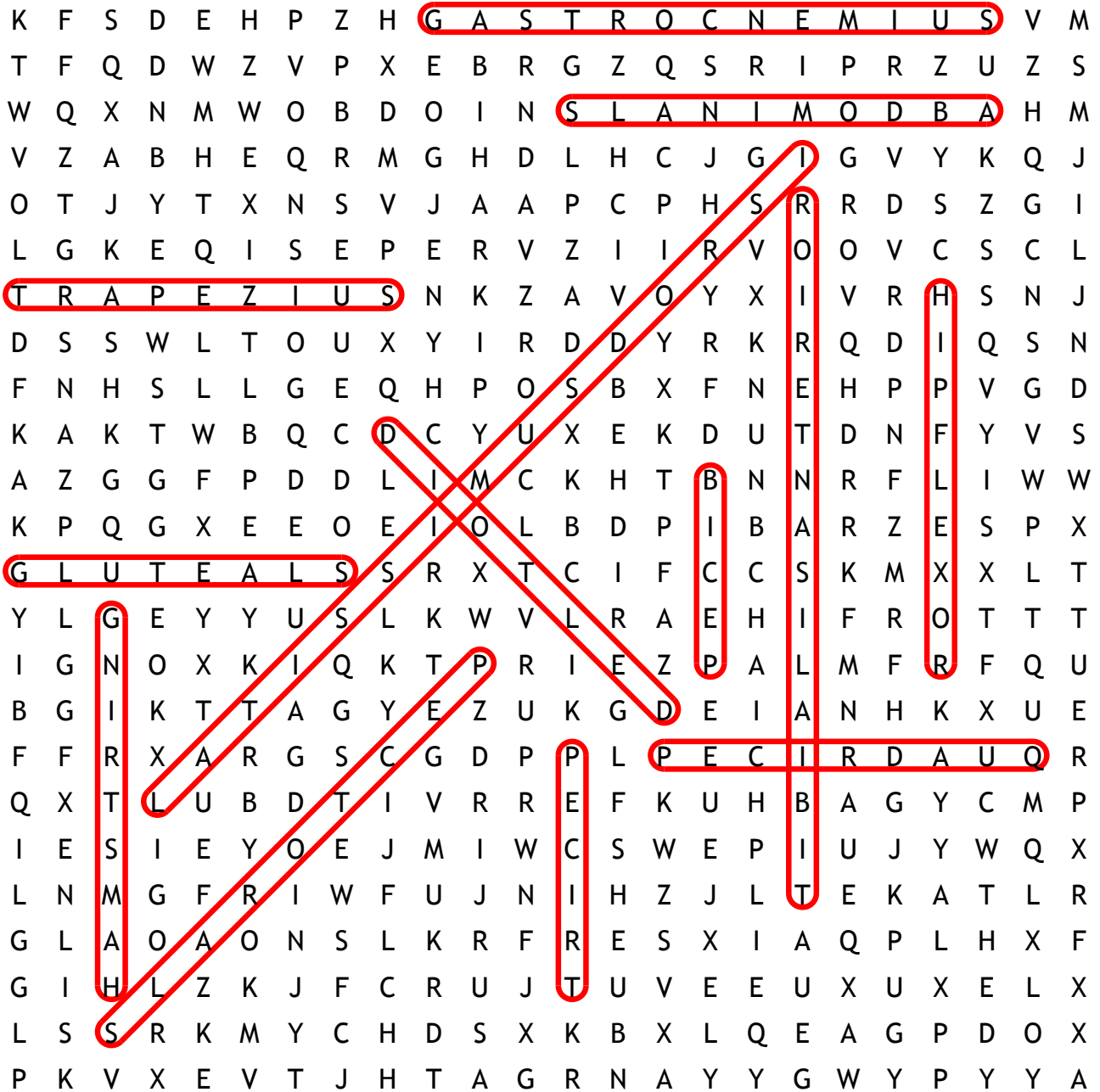


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Major Muscles



tibialis anterior  
hip flexor  
trapezius  
gluteals  
bicep

latissimus dorsi  
abdominals  
hamstring  
deltoid

Gastrocnemius  
pectorals  
quadricep  
tricep