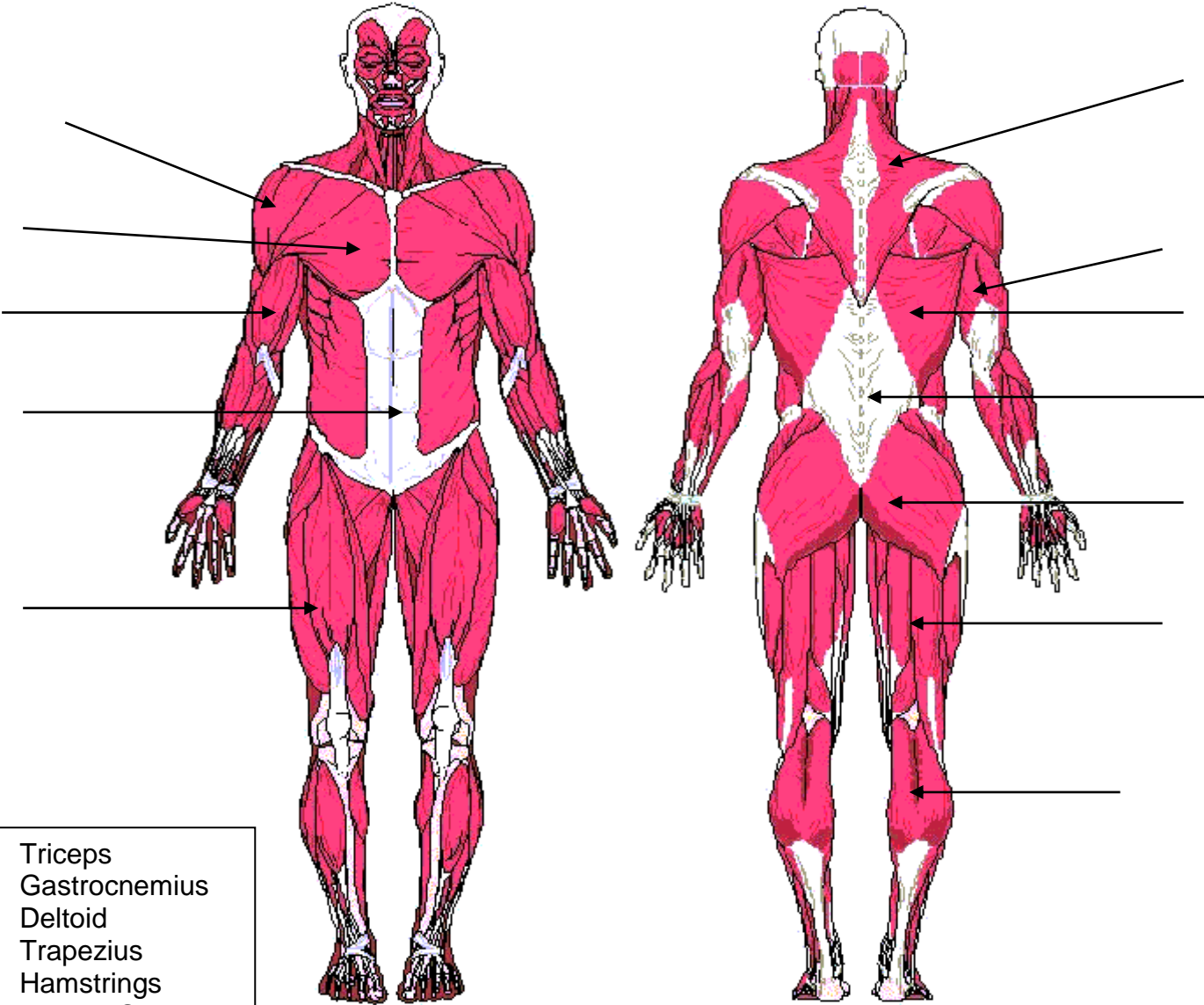


Major muscles of the human body



- | | |
|------------------|----------------|
| Abdominals | Triceps |
| Biceps | Gastrocnemius |
| Quadriceps | Deltoid |
| Pectoralis major | Trapezius |
| Latissimus Dorsi | Hamstrings |
| Gluteus Maximus | Erector Spinae |