

|                   |                |                   |                  |                     |
|-------------------|----------------|-------------------|------------------|---------------------|
| <b>B</b>          | <b>I</b>       | <b>N</b>          | <b>G</b>         | <b>O</b>            |
| Tibialis anterior | Abdominals     | Fingers extensors | Sartorius        | Infraspinatus       |
| Deltoid           | Teres major    | Pectoralis major  | Abductors        | Sternocleidomastoid |
| Trapezius         | Biceps         | Gluteus maximus   | Gluteus medius   | Solues              |
| Hamstrings        | Quadriceps     | Fingers flexors   | Lattisimus dorsi | Brachioradialis     |
| Serratus anterior | Eractor spinae | Triceps           | External oblique | Gastrocnemius       |

| <b>B</b>          | <b>I</b>          | <b>N</b>            | <b>G</b>         | <b>O</b>          |
|-------------------|-------------------|---------------------|------------------|-------------------|
| Trapezius         | Biceps            | Sternocleidomastoid | Abductors        | Brachioradialis   |
| External oblique  | Solues            | Gluteus maximus     | Infraspinatus    | Quadriceps        |
| Deltoid           | Fingers extensors | Pectoralis major    | Lattisimus dorsi | Tibialis anterior |
| Hamstrings        | Eractor spinae    | Teres major         | Fingers flexors  | Sartorius         |
| Serratus anterior | Triceps           | Gastrocnemius       | Abdominals       | Gluteus medius    |

| <b>B</b>          | <b>I</b>             | <b>N</b>            | <b>G</b>             | <b>O</b>             |
|-------------------|----------------------|---------------------|----------------------|----------------------|
| Solues            | Lattisimus<br>dorsi  | Eractor<br>spinae   | External<br>oblique  | Fingers<br>flexors   |
| Brachioradialis   | Gastrocnemius        | Deltoid             | Gluteus<br>maximus   | Tibialis<br>anterior |
| Hamstrings        | Serratus<br>anterior | Pectoralis<br>major | Biceps               | Teres<br>major       |
| Trapezius         | Quadriceps           | Triceps             | Abductors            | Abdominals           |
| Gluteus<br>medius | Sternocleidomastoid  | Sartorius           | Fingers<br>extensors | Infraspinatus        |