

trapezius	600	flexion	quadriceps	ligaments
cardiac	tendons	obliques	abdominals	soleus
triceps	biceps	FREE	heart	involuntary
smooth	lats	pectoralis	gluteus maximus	muscular system
calves	skeletal	deltoid	voluntary	extension

triceps	voluntary	abdominals	lats	cardiac
quadriceps	involuntary	flexion	muscular system	biceps
heart	600	FREE	gluteus maximus	pectoralis
extension	trapezius	deltoid	smooth	calves
ligaments	hamstrings	soleus	obliques	tendons

smooth	gluteus maximus	triceps	extension	quadriceps
skeletal	soleus	voluntary	lats	biceps
pectoralis	abdominals	FREE	heart	flexion
hamstrings	ligaments	calves	600	trapezius
tendons	obliques	involuntary	muscular system	deltoid