

trapezius	abdominals	hamstrings	skeletal	pectoralis
deltoid	tendons	quadriceps	biceps	soleus
triceps	biceps	FREE	maintains posture	move joints
soleus	over 600 muscles	quadriceps	latissimus dorsi	pectoralis
brachialis	smooth	gastrocnemius	vertebrae	gluteus maximus

triceps	vertebrae	biceps	over 600 muscles	deltoid
skeletal	move joints	hamstrings	pectoralis	biceps
maintains posture	abdominals	FREE	latissimus dorsi	quadriceps
gluteus maximus	trapezius	gastrocnemius	soleus	brachialis
pectoralis	ligaments	soleus	quadriceps	tendons

soleus	latissimus dorsi	triceps	gluteus maximus	skeletal
smooth	soleus	vertebrae	over 600 muscles	biceps
quadriceps	biceps	FREE	maintains posture	hamstrings
ligaments	pectoralis	brachialis	abdominals	trapezius
tendons	quadriceps	move joints	pectoralis	gastrocnemius