

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

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

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