trapezius	adductor longus	deltoid	soleus	quadriceps
brachialis	trapezius	rhomboid major	anterior tibialis	soleus
tensor fasciae latae	triceps	**FREE**	biceps brachii	orbicularis oris
pectoralis	sternocliedomastoid	pectoralis major	gluteus maximus	rectus femoris
frontalis	biceps femoris	semitendinosus	triceps brachii	brachioradialis

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triceps	anterior tibialis	soleus	brachialis	rhomboid major
deltoid	triceps brachii	quadriceps	biceps femoris	soleus
pectoralis	biceps brachii	**FREE**	orbicularis oris	adductor longus
gluteus maximus	semitendinosus	trapezius	brachioradialis	sternocliedomastoid
pectoralis major	rectus femoris	tensor fasciae latae	trapezius	frontalis

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biceps femoris	semitendinosus	anterior tibialis	rectus femoris	biceps brachii
trapezius	pectoralis	pectoralis major	trapezius	quadriceps
tensor fasciae latae	brachioradialis	**FREE**	sternocliedomastoid	gluteus maximus
triceps	soleus	soleus	triceps brachii	deltoid
orbicularis oris	adductor longus	rhomboid major	brachialis	frontalis

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