triceps	biceps	adductor muscles	levator scapulae	smooth
over 600 muscles	gluteus maximus	trapezius	quadriceps	brachialis
skeletal system	superior	vertebrae	csrdiac	move joints
muscular system	soleus	nutrition	skeletal	maintains posture
ligaments	pectoralis	flexor carpi	phalanges	tendons

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deltoid	smooth	move joints	csrdiac	muscular system
trapezius	brachialis	vertebrae	tendons	biceps
quadriceps	pectoralis	phalanges	muscular system	over 600 muscles
gluteus maximus	levator scapulae	rectus femoris	skeletal system	steroids
flexor carpi	skeletal	gluteus maximus	adductor muscles	nutrition

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gluteus maximus	phalanges	triceps	deltoid	weightlifting
water	gluteus maximus	brachialis	smooth	quadriceps
hamstrings	biceps	vertebrae	over 600 muscles	flexor carpi
nutrition	skeletal system	muscular system	levator scapulae	csrdiac
move joints	ligaments	skeletal	trapezius	steroids

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