

supraspinatus	adductor magnus	gluteus maximus	quadriceps	obicularis oris
extensor digitorum	sternocleidomastoid	piriformis	anterior tibial	soleus
trapezius	biceps brachialis	FREE	latissimus	levator scapulae
semimembranosus	masseter	platysma	hamstrings	pectoralis
deltoid	rectus femoris	flexor carpi ulnaris	triceps	gastrocnemius

trapezius	triceps	anterior tibial	masseter	extensor digitorum
quadriceps	levator scapulae	gluteus maximus	pectoralis	biceps brachialis
latissimus	adductor magnus	FREE	hamstrings	platysma
gastrocnemius	supraspinatu s	flexor carpi ulnaris	semimembranosu s	deltoid
obicularis oris	intercostals	soleus	piriformis	sternocleidomastoid

semimembranosus	hamstrings	trapezius	gastrocnemius	quadriceps
rectus femoris	soleus	triceps	masseter	biceps brachialis
platysma	anterior tibial	FREE	latissimus	gluteus maximus
intercostals	obicularis oris	deltoid	adductor magnus	supraspinatus
sternocleidomastoid	piriformis	levator scapulae	pectoralis	flexor carpi ulnaris