

# Muscle groups

## Front



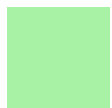
deltoids



pectorals



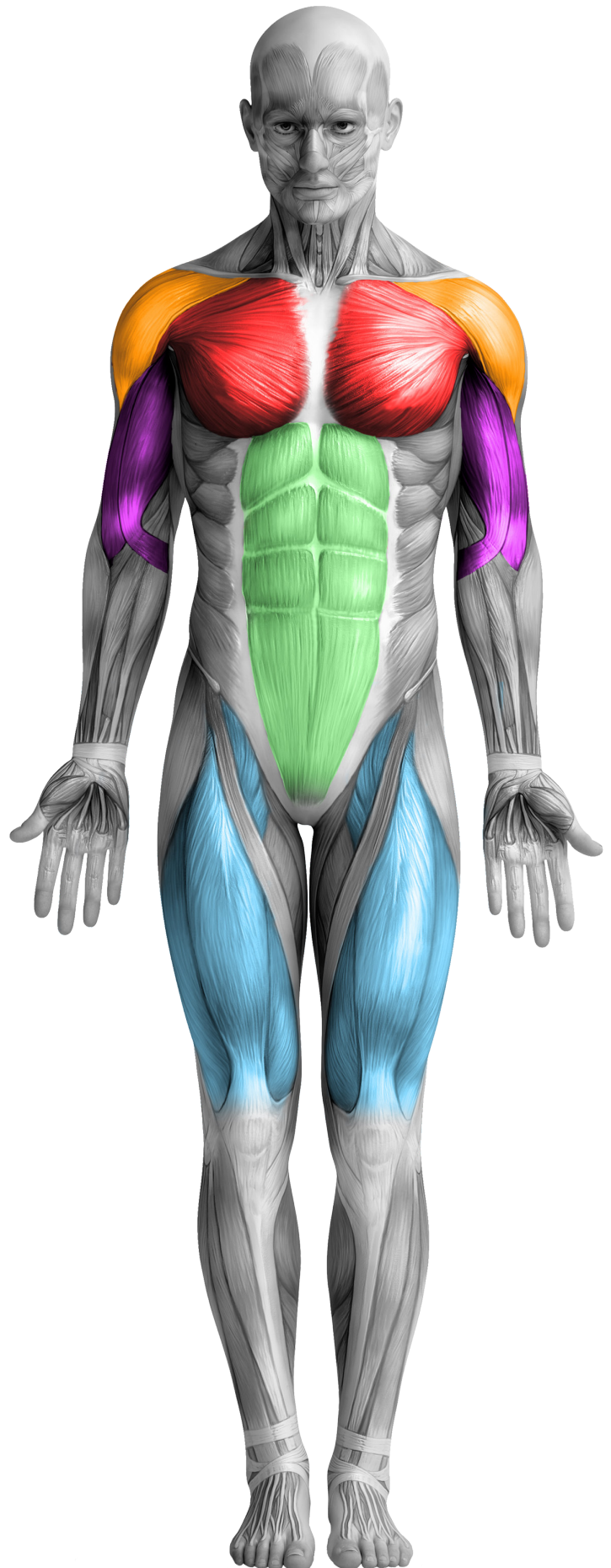
biceps



abdominals



quadriceps



# Back

-  trapezius
-  triceps
-  latissimus dorsi
-  gluteals
-  hamstrings
-  gastrocnemius

