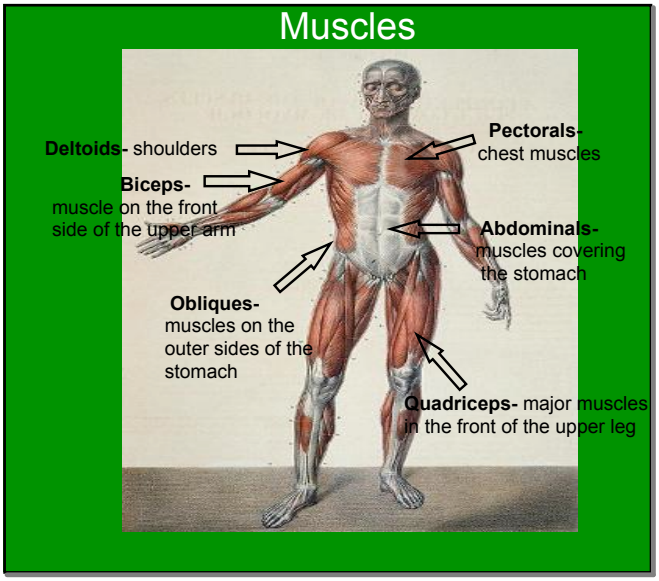
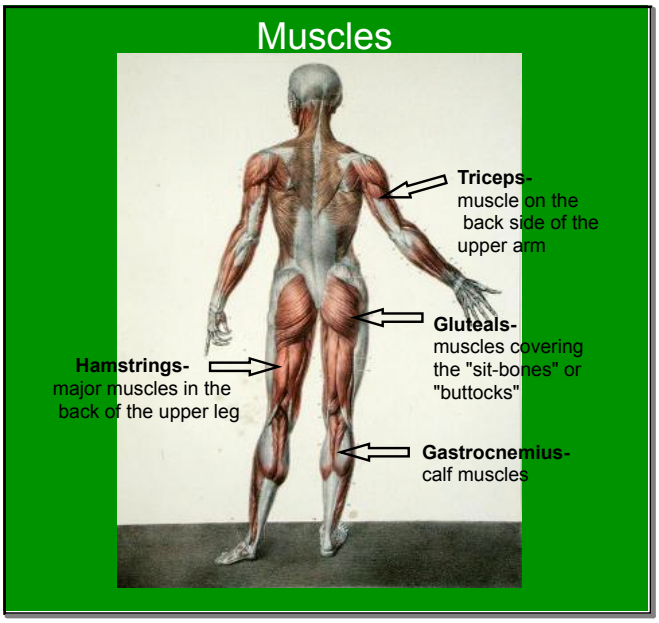

Muscles
Deltoids- shoulders
Biceps- muscle on the front side of the upper arm
Pectorals- chest muscles
Abdominals- muscles covering the stomach
Obliques- muscles on the outer sides of the stomach
Quadriceps- major muscles in the front of the upper leg


Muscles
Triceps- muscle on the back side of the upper arm
Gluteals- muscles covering the "sit-bones" or "buttocks"
Hamstrings- major muscles in the back of the upper leg
Gastrocnemius- calf muscles