



QUADRICEPS



HAMSTRINGS



CALVES



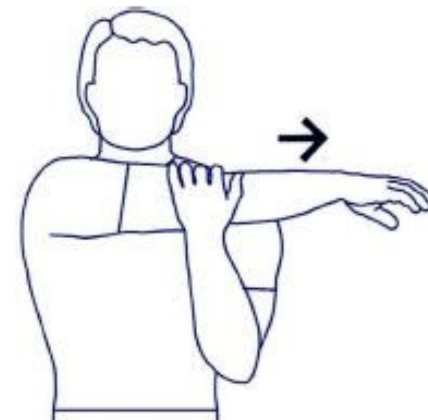
HIP FLEXOR



ADDUCTORS



SIDE STRETCH



SHOULDERS