



RHOMBOIDS

ERECTOR SPINAE

GLUTEUS MEDIUS

GLUTEUS MAXIMUS

ILIOTIBIAL TRACT

VASTUS LATERALIS

SEMITENDINOSUS

SARTORIUS

SOLEUS

TRAPEZIUS

TRICEPS

LATISSIMUS DORSI

GLUTEUS MINIMUS

GRACILIS

BICEPS FEMORIS

GASTROCNEMIUS

*Ariel*