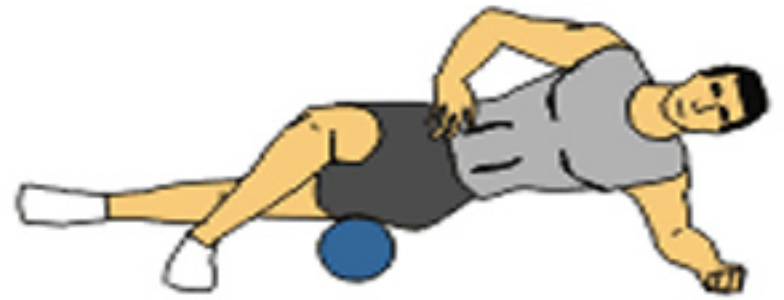


Hamstrings



Outer thigh (ITB)



Thigh



Erector Spinae (Back)



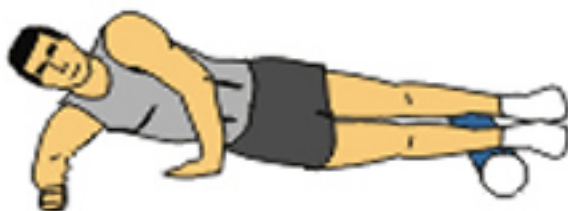
Calves



Hip (TFL)



Outer lower leg (peroneals)



Upper back (Rhomboids)

