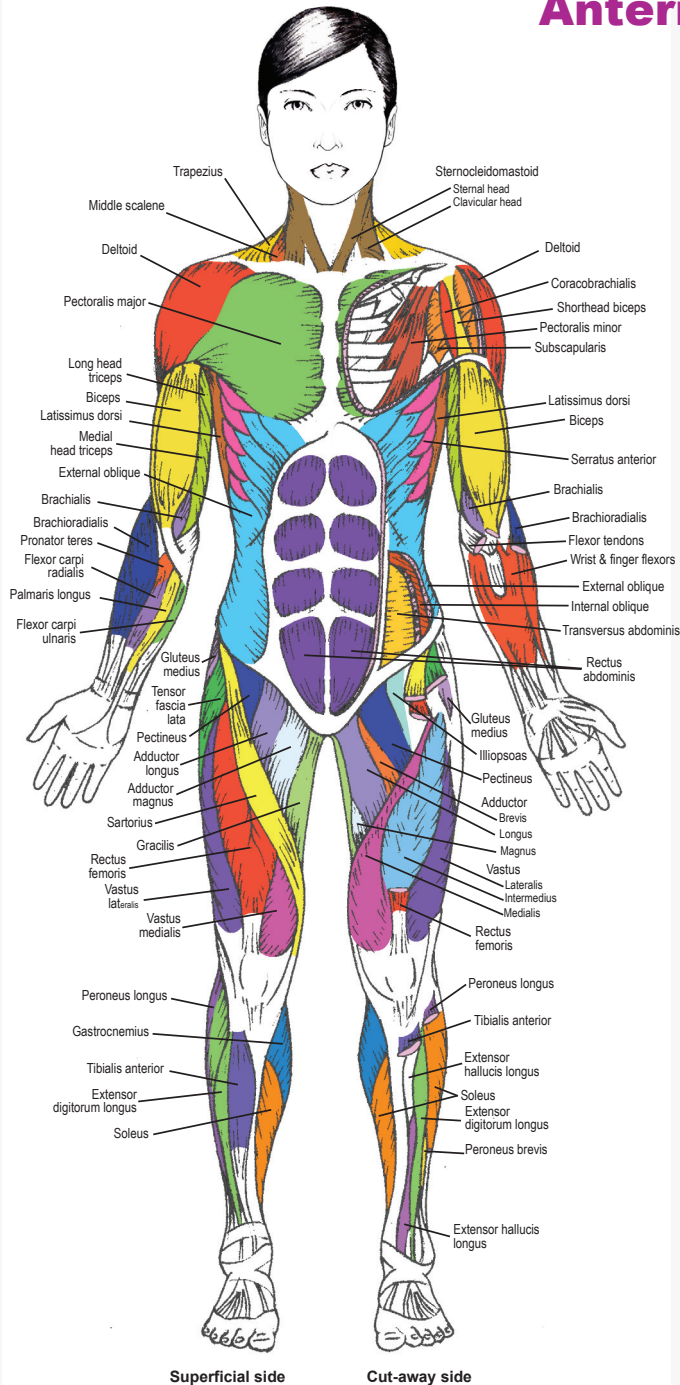


FEMALE MUSCLE DIAGRAM

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Anterior



Rotator Cuff

Supraspinatus
Infraspinatus
Teres minor
Subscapularis

Hamstrings Group

Semitendinosus
Semimembranosus
Biceps femoris
(long and short head)

Core

Rectus abdominis
Erector spinae
Internal obliques
External obliques

Quadriceps Group

Rectus femoris
Vastus medialis
Vastus intermedius
Vastus lateralis

Posterior

