

STAR WARS

**Deltoid
(Shoulder)**

**Biceps
(Front Of Arm)**

**Triceps
(Back Of Arm)**

**Pectoralis
(Chest)**

**Abdominals
(Stomach)**

**Quadriceps
(Front Of Leg)**

**Hamstrings
(Back Of Leg)**

**Gastrocnemius
(Calf)**

MUSCLES

