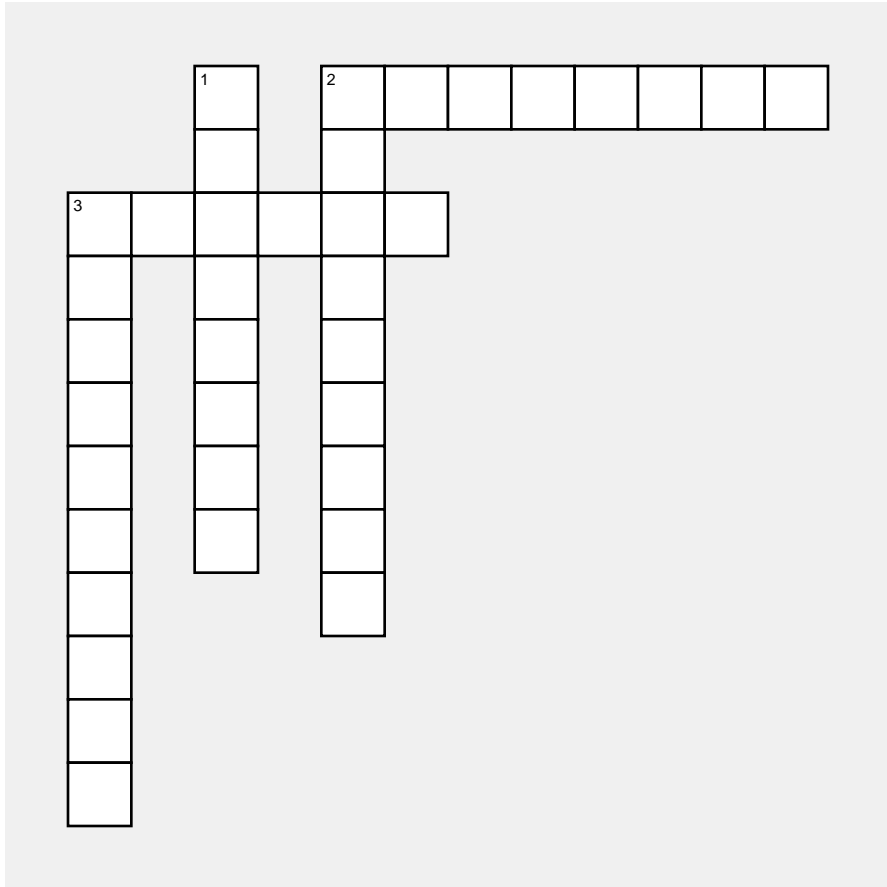


# Body



## Horizontal

- 2) THE CHEST
- 3) THE ARM

## Vertical

- 1) THE ABDOMEN
- 2) THE BACK
- 3) THE BUTTOCKS

