

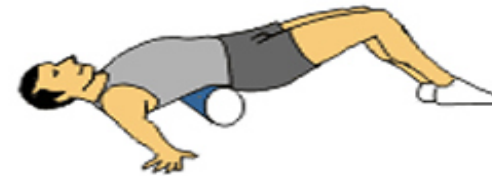
Hamstrings



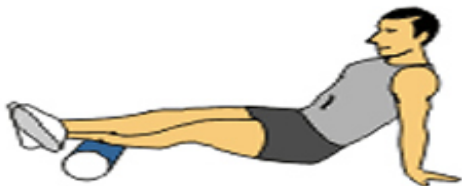
Outer thigh (ITB)



Thigh



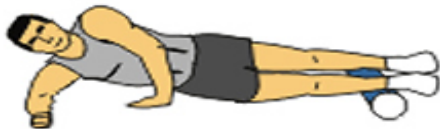
Erector Spinae (Back)



Calves



Hip (TFL)



Outer lower leg (peroneals)



Upper back (Rhomboids)