

Required Muscles:

1. Deltoid (anterior, middle, posterior)
2. Infraspinatus and Supraspinatus
3. Latissimus Dorsi
4. Teres Major and Minor
5. Pectoralis Major and Minor
6. Biceps Brachii
7. Brachialis
8. Brachioradialis
9. Triceps Brachii (long, lateral, medial)
10. Hip Adductors (magnus, longus, brevis)
11. Gluteus (maximus, medius, minimus)
12. Biceps femoris
13. Semitendinosus
14. Semimembranosus
15. Rectus Femoris (of the quadriceps femoris)
16. Vastus Lateralis
17. Vastus Medialis
18. Vastus Intermedius
19. Gracilis
20. Sartorius
21. Gastrocnemius
22. Soleus (and Achilles Tendon)
23. Tibialis anterior
24. External Oblique
25. Internal Oblique
26. Rectus Abdominis
27. Erector Spinae (sacrospinalis)
28. Levator Scapulae
30. Rhomboids, Major and Minor
31. Trapezius
32. Extensor Digitorum Longus
33. Hip Flexors (iliopsoas or psoas major and minor, pectineus)
34. Sternocleidomastoid
35. Pronator Teres
36. Tensor Fasciae Latae
37. Piriformis
38. Internal and External Intercostals