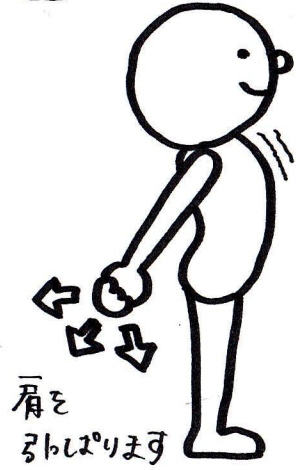


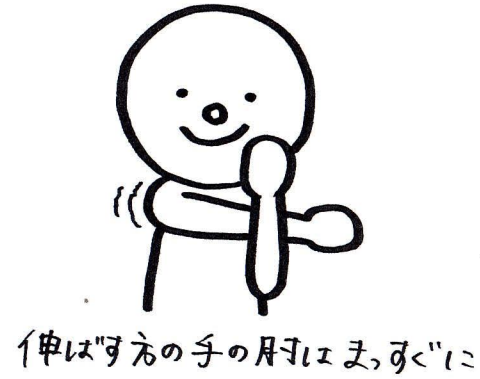
① 大胸筋



③ 広背筋



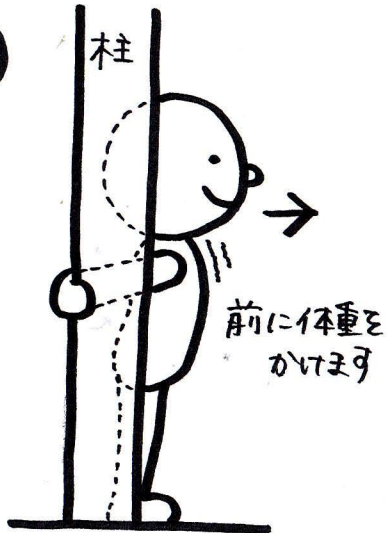
⑤ 三角筋



⑦ 上腕二頭筋



②



④ 僧帽筋



⑥ 上腕三頭筋



⑧

