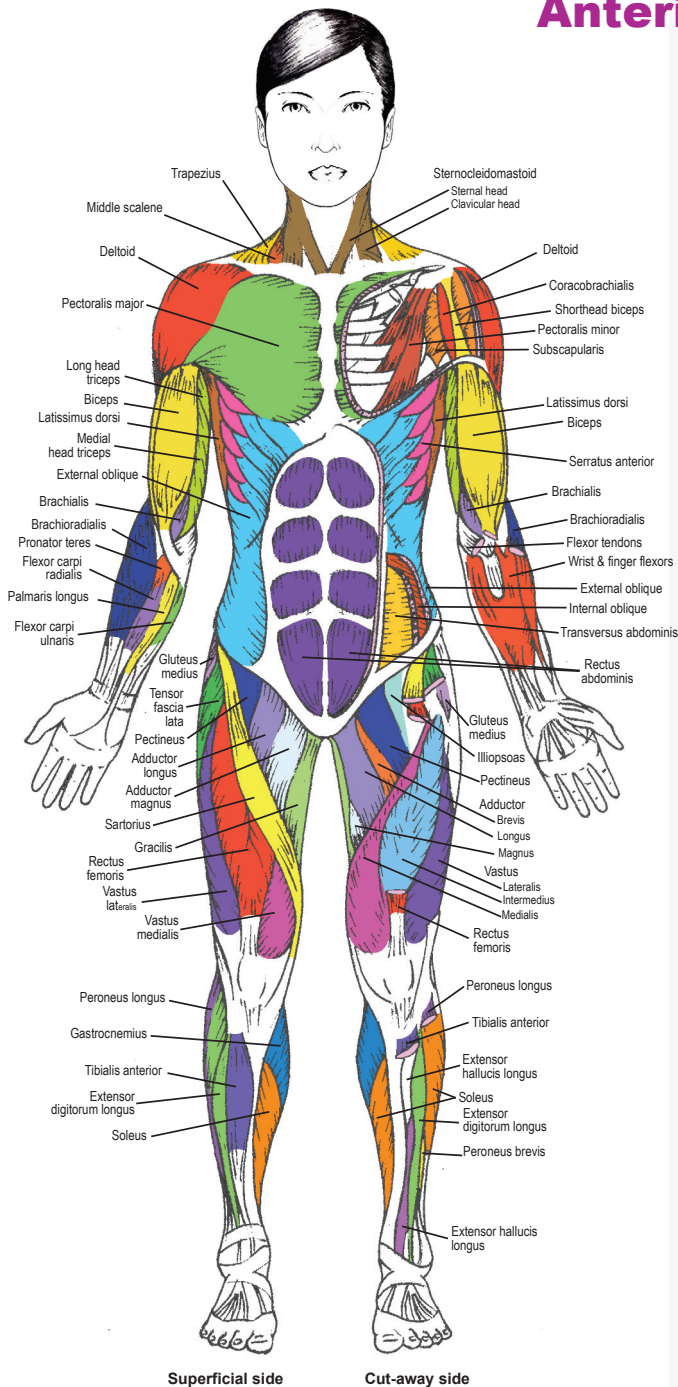


# FEMALE MUSCLE DIAGRAM

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## Anterior



### Rotator Cuff

Supraspinatus  
Infraspinatus  
Teres minor  
Subscapularis

### Hamstrings Group

Semitendinosus  
Semimembranosus  
Biceps femoris  
(long and short head)

### Core

Rectus abdominis  
Erector spinae  
Internal obliques  
External obliques

### Quadriceps Group

Rectus femoris  
Vastus medialis  
Vastus intermedius  
Vastus lateralis

## Posterior

