

Day	Page	Muscles	Location	Notes	Right	Left
1	6	Pectoantebrachialis	Chest			
1	6	Pectoris Major	Chest			
1	6	Pectoralis Minor	Chest			
1	6	Xiphohumeralis	Chest			
1	8	Latissimus Dorsi	Abdominal	Anterior Only		
1	8	Rectus Abdominis	Abdominal			
1	8	External Oblique	Abdominal			
2	8	Internal Oblique	Abdominal			
2	8	Tranverse Abdominis	Abdominal			
2	10	Clavotrapezius	Posterior Shoulder			
2	10	Acromiotrapezius	Posterior Thoracic			
2	10	Latissimus Dorsi	Thoracic	Posterior		
2	10	Spinotrapezius	Posterior Thoracic			
2	10	Spinodeltoid	Posterior Shoulder			
2	10	Acromodeltoid	Posterior Shoulder			
3	10	Triceps Brachii	Posterior Brachial	Lateral + Long Head		
3	10	Clavodeltoid	Superior Brachial			
3	11	Supraspinatus	Posterior Thoracic	Deep		
3	13	Brachioradialis	Forearm			
3	13	Triceps Brachii	Brachial	Medial Head (Deep)		
3	13	Brachialis	Brachial			
3	13	Extensor Carpi Ulnaris	Forearm			
3	13	Extensor Carpi Radialis Longus	Forearm			
4	13	Extensor Digitorum Lateralis	Forearm			
4	13	Extensor Digitorum Communis	Forearm			
4	14	Extensor Carpi Radialis Brevis	Forearm			
4	14	Flexor Carpi Radialis	Forearm			
4	14	Palmaris Longus	Forearm			
4	14	Flexor Carpi Ulnaris	Forearm			
4	14	Pronator Teres	Forearm			
4	14	Biceps Brachii	Brachial			
5	14	Clavobrachialis	Acromial			
5	14	Epitroclearis	Brachial			
5	15	Gluteus Medius	Caudal			
5	15	Gluteus Maximus	Caudal			
5	15	Caudofemoralis	Caudal			
5	15	Biceps Femoris	Femoral			
5	15	Vastus Lateralis	Femoral			
5	15	Tensor Facia(e) Latae	Femoral			
6	15	Sartorius	Femoral	Posterior		
6	15	Semitendinosus	Femoral			
6	15	Gastrocnemius	Femoral			
6	16	Gracilis	Femoral	Anterior		
6	16	Sartorius	Femoral	Anterior		
6	17	Iliopsoas	Inguinal			
6	17	Pectineus	Inguinal			
7	17	Vastus Medialis	Femoral			
7	17	Biceps Femoris	Femoral			
7	17	Adductor Longus	Femoral			
7	17	Adductor Femoris	Femoral			
7	17	Semimembranosus	Femoral			
7	18	Peroneus	Sural			
7	18	Soleus	Sural			
7	18	Extensor Digitorum Longus	Sural			
7	19	Tibialis Anterior	Shin			
7	19	Flexor Digitorum	Shin			