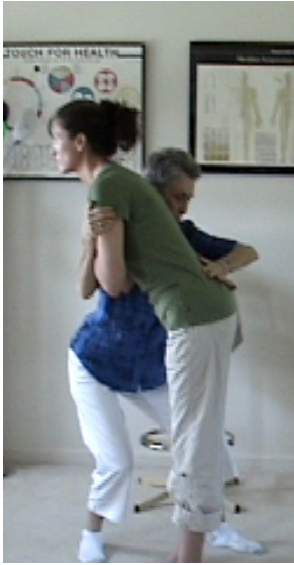


## Touch for Health 2 Muscles



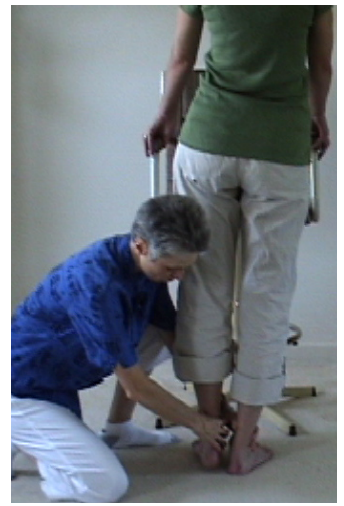
**Rectus Abdominals**



**Sacrospinalis**



**Iliacus**



**Adductors**



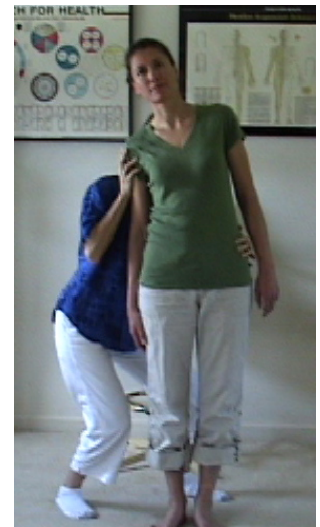
**Sartorius**



**Popliteus**



**Rhomboids**



**Quadratus Lumborum**