

Myofascial Lines  
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mf o b i c a a s r r f o s l i r a  
r r d l c r n n l p c m e t a o d n  
a a a b t o n t l r a a e f l c n l  
t t i k c t f e n p c a t a k t a a  
n n a l c r r a s p l m m l p i f u  
o e o l r a l a t e r a l f d r r k  
r n r r a u b p i a u t r b e a s k  
f m r s f n i l k r p i r i r o k f  
l o e p i l o c a n t p m l p t a t  
a k c a b l a i c i f r e p u s t r  
i t i f n b u i t a c k u r a e t f  
c p m n p b l r c c r i f n k n p l  
i l l e e f l i b i n c f u o e a c  
f a e s a m c f f u f u f r f n f a  
r d d t n m r a t n o r f p e e d n  
e a f p f t r f c l l p e i p p r u  
p f r t a a i k b e e e d p i r u a  
u r u c o r a f o e r l p i u f i s  
s u i p f u f a d e m i b u t s a i

Deep Back Arm  
Deep Front Arm  
Lateral  
Superficial Back  
Superficial Front

Deep Front  
Functional  
Spiral  
Superficial Back Arm  
Superficial Front Arm