

Myofascial Lines
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m f 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