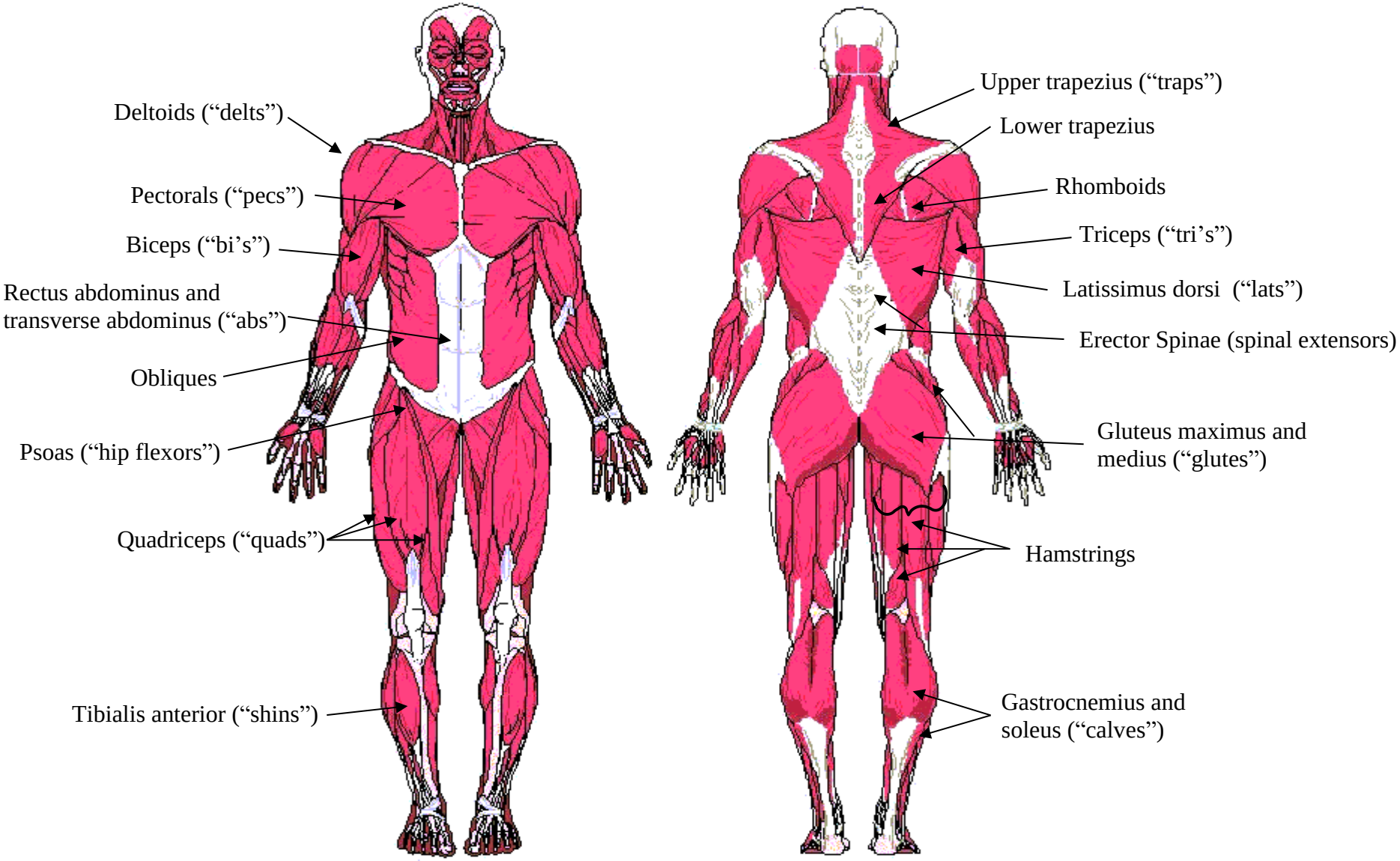General Overview of Major Muscles/ Muscle Groups