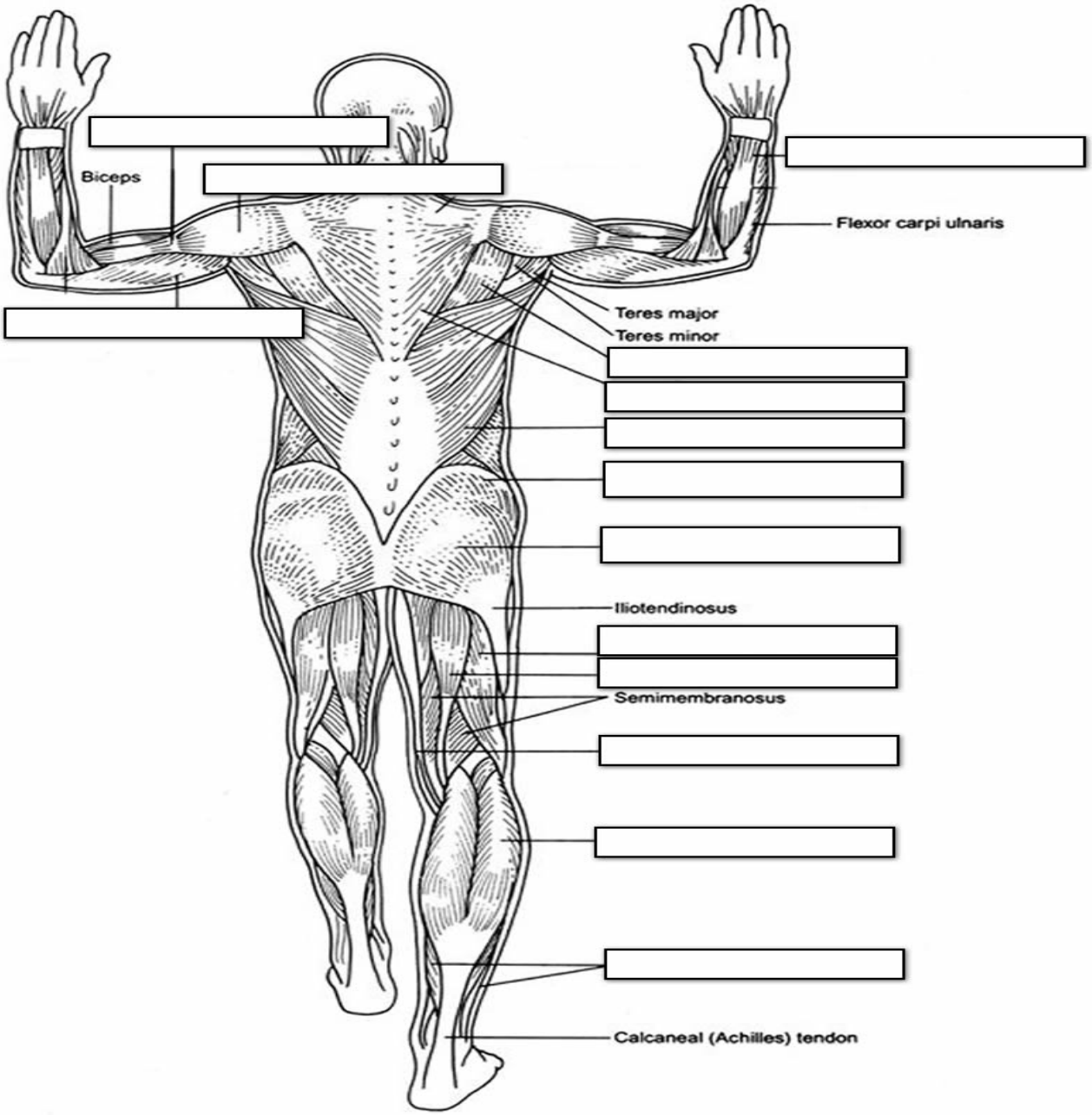
Biceps
Flexor carpi ulnaris
Teres major
Teres minor
Iliotendinosus
Semimembranosus
Calcaneal (Achilles) tendon