

STRENGTH TRAINING



The diagram shows the location of the internal organs in the human torso. The heart is located in the upper left quadrant, the lungs are in the upper right quadrant, and the stomach is in the lower left quadrant. The diagram is labeled with the following organs: Heart, Lungs, and Stomach. The diagram is also labeled with the following regions: Upper Left Quadrant, Upper Right Quadrant, and Lower Left Quadrant.

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