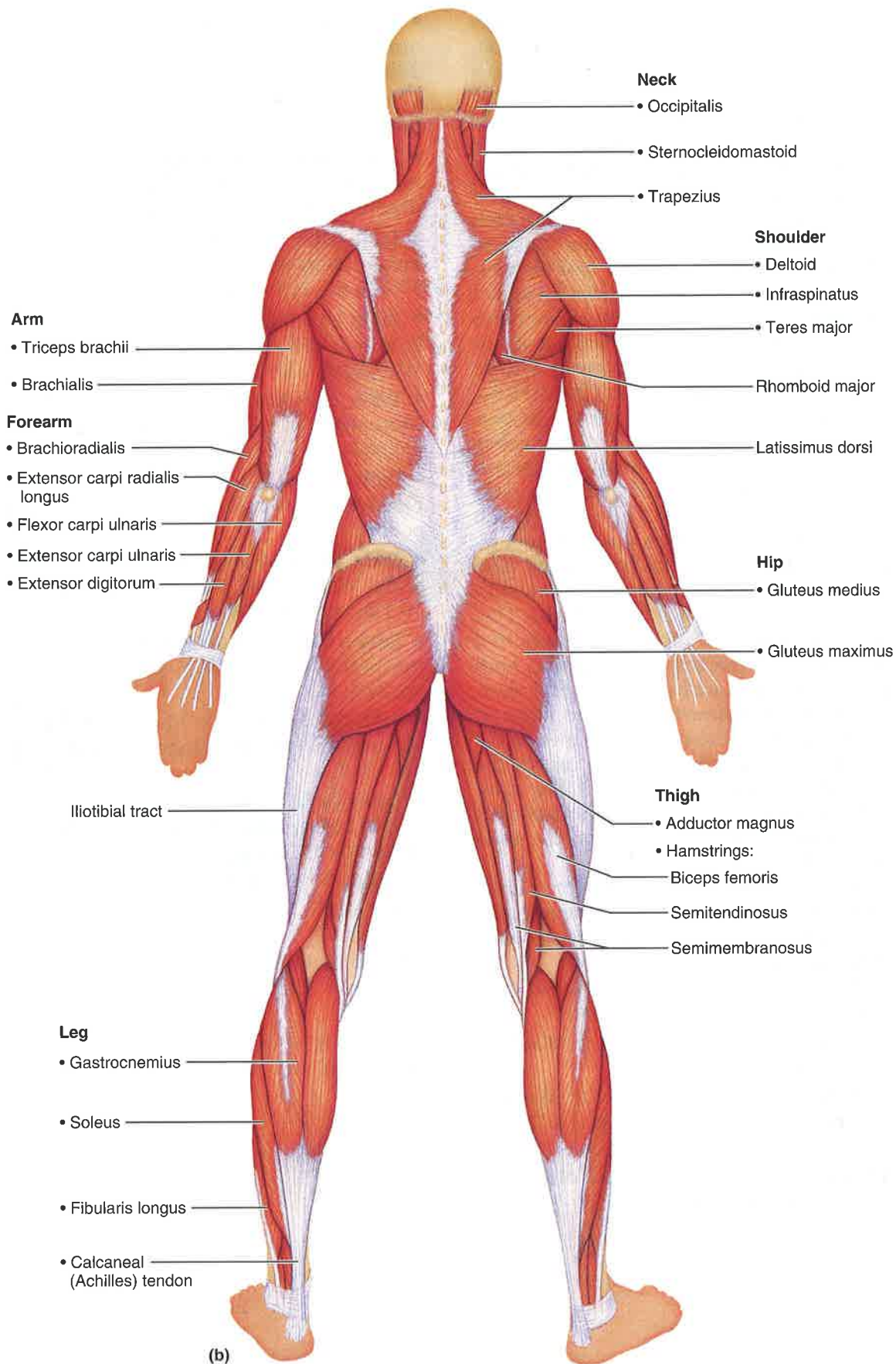


*Brachioradialis and biceps brachii would be used to do curls. The external obliques and rectus abdominis muscle would be working during crunches.*



*The trapezius. The trapezius and rhomboids.*