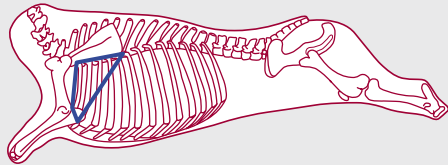


# LMC (triangle muscle) – fully trimmed (Triceps brachii caput longum)

Code:

**LMC B012**



1. Position of the LMC.

2. LMC (single muscle).

3. LMC (single muscle).

4. Remove all gristle and connective muscle.



5. Follow the centre gristle and separate the two parts.

6. LMC (single muscle) fully trimmed of fat and connective tissue split into two.

7. Only the LMC triangle muscle is to be used for this specification.

