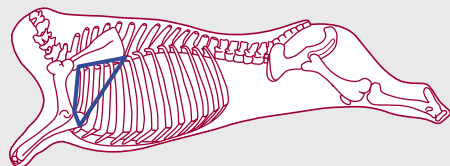


LMC (single muscle) – fully trimmed (Triceps brachii caput longum)

Code:

LMC B010



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...



6. ...and remove.



7. LMC (single muscle) fully trimmed of fat and connective tissue.



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

