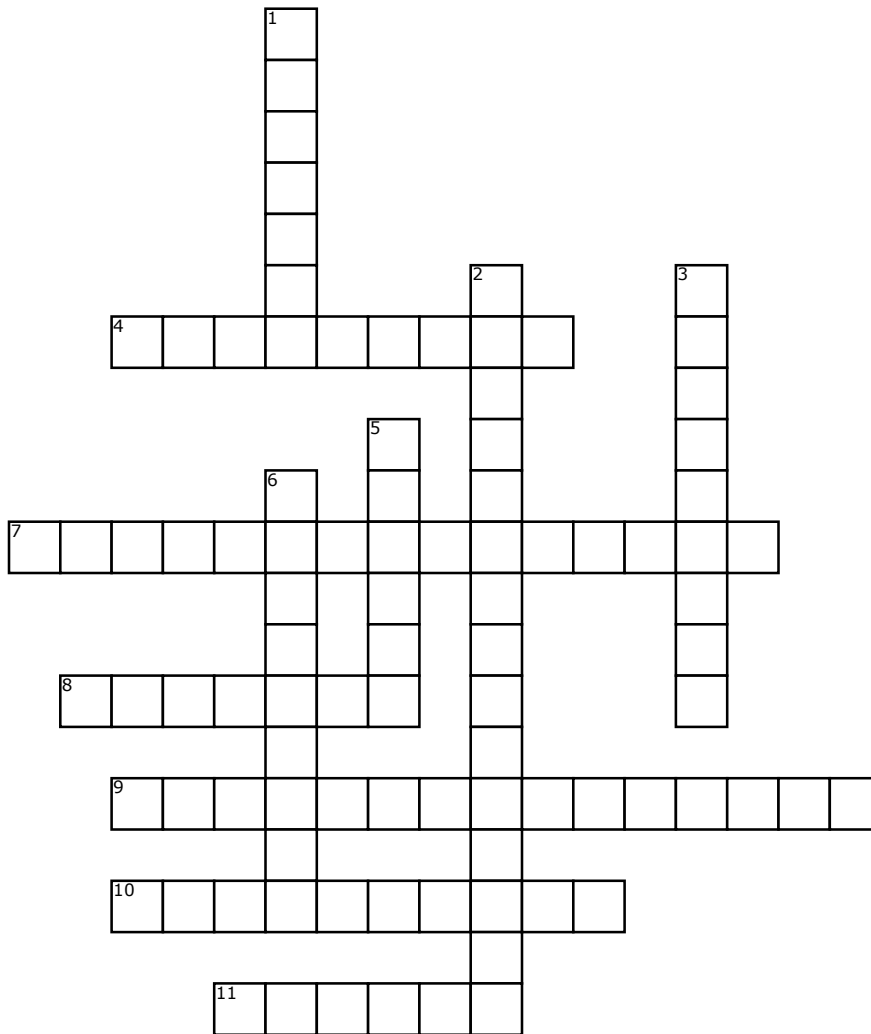


# Anatomy - Muscles



**Across**

- 4. What are the muscles of the front of the leg called?
- 7. What is the main muscle being activated when performing a Bench Press?
- 8. The opposite/assistant to your guns is?
- 9. The correct muscle name for wings on the side of your body are called?
- 10. What group of muscles allow knee flexion?
- 11. What is the correct name for your guns?

**Down**

- 1. The main shoulder muscle is called?
- 2. What muscle is being activated when performing a plank?
- 3. What muscle is mainly responsible for scapula retraction?
- 5. Gastrocnemius is one part of your calf muscle, what is the other?
- 6. What is one of the major muscles in your back?

**Word Bank**

- |                  |            |                  |                  |
|------------------|------------|------------------|------------------|
| Quadriceps       | Rhomboids  | Trapezius        | Deltoid          |
| Biceps           | Soleus     | Triceps          | Latissimus Dorsi |
| Pectoralis Major | Hamstrings | Rectus Abdominis |                  |