

Name: _____

Date: _____

Archer's Muscles

O T Q B S U P R A S P I N A T U S U V K N L K S
G Y K Z Q M B I C E P S F E M O R I S N K N D D
F V B H S L A R O T C E P U Y V H K Q Z I Y S I
P T J B R A C H I A L I S Y H D J R F L C O E O
S U S O N I D N E T I M E S R H I S G L B W A B
Y E K J E S U B S C A P U L A R I S L H B V O M
M O B E M E A N T E R I O R D E L T O I D S B O
Y R Q S U S O N A R B M E M I M E S N F J L M H
T O F Q G I X Q B R A C H I O R D I A L I S R R
L J E J X Y D V X B G O W V S T J A Q N S F A L
V A L A T I S S I M U S D O R S I K F P R T E N
R M N V N L H K S Z P R F X N Z H R E O T R R P
I S B I R G M H O Q P X Y J V B A C N I S A O W
M E M N M K G S T I A H Y G U S I I R W G P F V
K R H B R O P Q S P E C I B P R M D Q J D E R I
Q E B B J E D G Z A Q P V I D S V D D S X Z O O
V T E J C V T B U T Q A N A E B E H Z U W I I B
A B F I U K H H A U W A U R Q B U Q K R F U R L
I I R T R F S F I U T Q E Q O K U Q O E V S E I
N T P D B R I O Z U E T J H J O X A R M R O T Q
I G K M U P F W S F B S I C K P F E W U L N N U
U F S S U M I X A M S U E T U L G B F H I M A E
U J R A D I A L F L E X O R O F T H E W R I S T
C P Q H N G Q J A W J B G H V A X D X L M E C A

Radial Flexor of the Wrist

Latissimus Dorsi

Biceps Femoris

Infraspinatus

Teres Major

Quadriceps

Rhomboids

Oblique

Anterior Deltoids

Gluteus Maximus

Brachioradialis

Subscapularis

Teres Minor

Abdominal

Trapezius

Triceps

Anterior Forearm

Semimembranosus

Semitendinosus

Supraspinatus

Brachialis

Pectorals

Humerus

Biceps