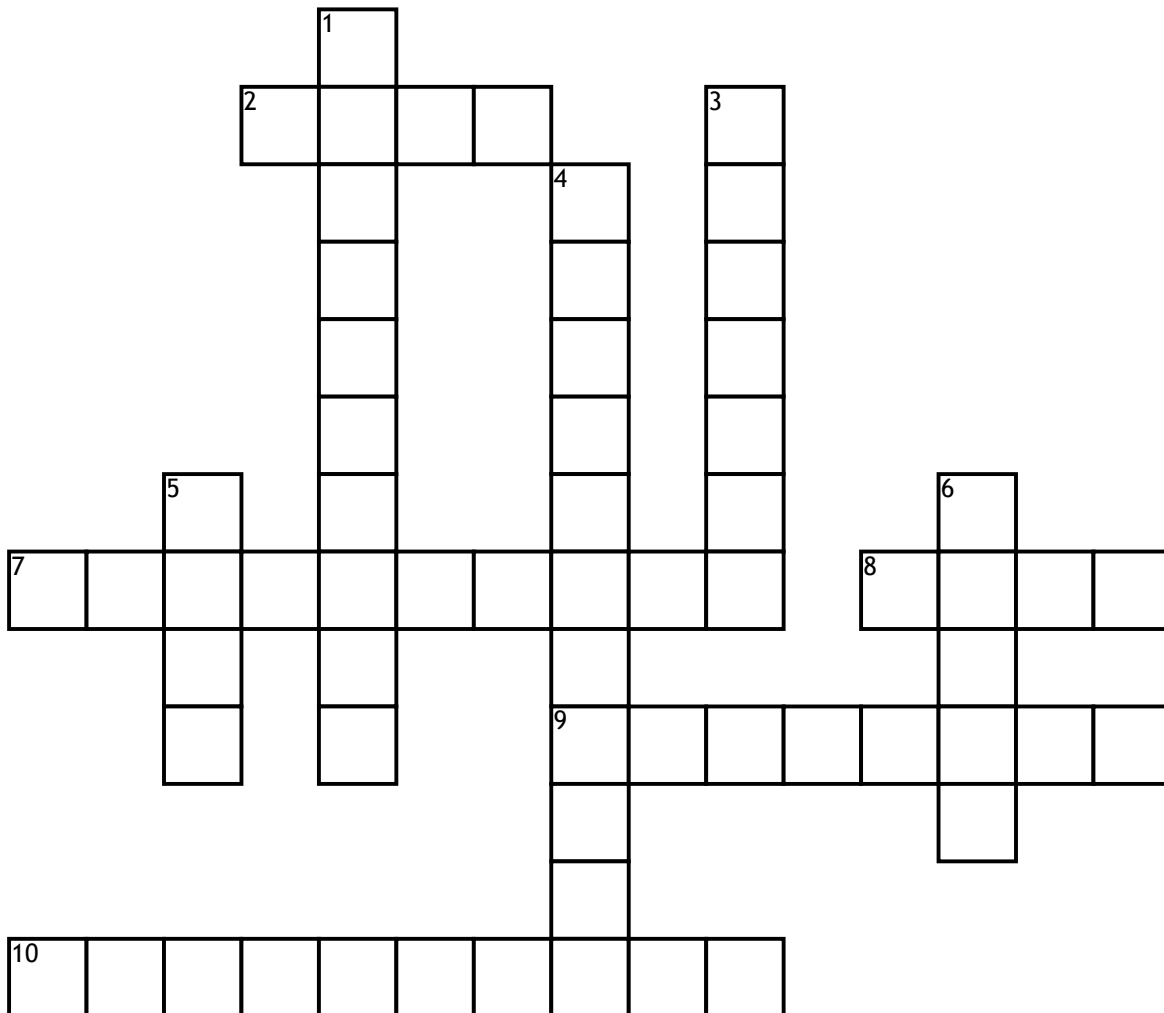


Muscle Groups



Across

2. What acronym do you use to plan a workout program?
7. Another name for the muscles located in the front of your thigh:
8. Push ups, bench press, and flies improve which muscle group?
9. The muscles that move bones:
10. The deadlift, leg curl, and kettlebell swing improve which muscle group?

Down

1. There are over _____ muscles in the body
3. What muscle is located on the back of the upper arm?
4. Once a lift becomes easy you must increase intensity.
5. Where are your lats and traps located?
6. Shoulder muscles are also known as: