

Name: _____

Date: _____

Muscles

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

gluteus maximus

abdominals

hamstrings

quadriceps

pectorals

triceps

deltoid

calves

biceps

traps

neck

lats