

Name: _____

Date: _____

Muscles

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

Physical Education
Pectoralis Major
Abdominals
Trapezius
Triceps

External Obliques
Gluteus Maximus
Hamstrings
Deltoids
Biceps

Latissimus Dorsi
Gluteus Medius
Quadriceps
Campers
Calves