

Name: _____

Date: _____

Muscles

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

Posterior Deltoids
Pectoralis Minor
Erector Spinae
Brachialis
Supinator
Trapezius
Calves

Anterior Tibialis
Brachioradialis
Mid-Trapezius
Abdominals
Abductors
Deltoids

Latissimus Dorsi
Trapezius Lower
Rotator Cuff
Hamstrings
Adductors
Triceps

Pectoralis Major
Biceps Femoris
Teres Major
Quadriceps
Rhomboids
Biceps