

Name: _____

Date: _____

Muscles

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

gluteus maximus

gastrocnemius

hamstrings

quadriceps

abdominals

trapezius

pectorals

deltoid

soleus

tricep

bicep