

Muscles

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

Latissimus Dorsi

Gluteus Maximus

Gastrocnemius

Abdominals

Hamstrings

Quadriceps

Pectorals

Rhomboids

Trapezius

Deltoid

Triceps

Biceps