

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Muscles & Exercise

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

Dynamic Stretch  
Hamstrings  
Pectoral  
Abdomen  
Biceps  
Quads

Static Stretch  
Resistance  
Skeletal  
Muscles  
Extend

Flexibility  
Stretching  
Soreness  
Triceps  
Glutes

Lactic Acid  
Adductors  
Strength  
Weights  
Motion