

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

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

# Muscular Strength & Endurance

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

quadriceps femurs muscle  
Temporal muscle  
soleus muscle  
scapula  
Triceps  
sacrum  
spine

Gastrocnemius muscle  
Masseter muscle  
metacarpals  
humerus  
coccyx  
Biceps  
skull

Pectoralis major  
Deltoid muscle  
Hamstring  
carpals  
pelvis  
femur