

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

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

# Upper leg

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

extensor digitorum longus  
iliotibial tract  
semimembranosus  
rectus femoris  
iliopsoas  
soleus

tibialis anterior  
vastus lateralis  
vastus medialis  
semitendinosus  
sartorius

fibularis longus  
adductor muscle  
biceps femoris  
gastrocnemius  
gracilis