

Name: _____

Muscles

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

Rectus femoris Adductor longus Teres major Trapezius Soleus Gracilis
Finger flexors Finger extensors Sartorius Brachialis Deltoid Achilles
Gastrocnemius Hamstring Glutes Upper back Triceps Traps Calve
 Quadriceps Forearms Abs Biceps Pecs Shoulder