$\qquad$ Date: $\qquad$

## MUSCLES

|  | A | U | W | 1 | S | L | M | K | L | 5 | 0 | H | L |  | T | R | 1 | C | E | P | S | $N$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| S | N | L | 0 | J | L | E | B | G | M | X | E | 1 | G | R | S | L | H | Z | Z | R | Q | T | P |
| U | C | Z | S | M | S | X | 1 | K | D | C | G | N | S | B | 1 | K | B | A | E | G | L | B | L |
| M | F | P | B | Z | L | T | C | B | W | L | U | L | U | P | L | D | G | Z | Y | L | A | 1 | Z |
| 1 | J | Q | G | Z | A | E | M | X | N | 1 | M | G | 1 | G | A | B | U | D | R | I | F | C | V |
| X | S | I | B | H | T | R | D | F | T | B | L | S | Z | Q | T | H | L | F | T | T | R | E | I |
| A | 0 | L | D | K | S | N | N | J | Q | 1 | H | J | E | R | 1 | 0 | T | B | S | G | K | P | D |
| M | M | 1 | L | N | 0 | A | Z | M | S | C | U | M | P | V | P | H | Y | C | N | S | $J$ | S | E |
| S | N | 0 | V | J | C | L | E | A | C | E | F | $V$ | A | Z | 1 | Q | M | G | C | U | J | F | J |
| U | G | T | C | C | R | 0 | Y | X | P | P | H | $V$ | R | D | C | G | R | 0 | R | 1 | W | E | K |
| E | D | 1 | P | G | E | B | T | N | P | S | H | $J$ | T | G | C | N | B | Y | H | M | B | M | Z |
| T | P | B | 1 | G | T | L | W | C | G | R | F | W | L | N | 0 | W | Q | E | E | E | L | 0 | M |
| U | P | 1 | Q | K | N | 1 | S | U | T | A | N | 1 | P | S | A | R | F | N | 1 | N | V | R | N |
| L | Z | A | R | U | 1 | Q | H | $J$ | Z | $J$ | 1 | S | Q | U | B | S | 0 | F | $J$ | E | 1 | 1 | R |
| G | W | L | H | S | C | U | 0 | D | Z | E | M | P | C | U | Q | A | M | G | A | C | T | S | N |
| $C$ | S | T | K | N | E | E | A | F | 1 | 1 | M | U | U | A | H | 0 | H | A | $J$ | 0 | $J$ | K | R |
| G | Y | R | X | F | T | C | U | X | 1 | E | Q | G | E | M | F | K | U | A | Z | R | R | 1 | P |
| P | L | A | N | P | F | $J$ | Z | L | C | Z | X | 0 | 1 | W | Y | G | K | Q | R | T | K | S | D |
| W | Q | C | 0 | A | L | B | Q | D | X | H | S | C | K | X | Z | A | G | M | C | S | R | W | J |
| X | K | T | S | U | G | N | 0 | L | R | 0 | T | C | U | D | D | A | Z | X | K | A | A | S | $J$ |
| 1 | Z | C | D | W | N | Z | 1 | N | F | D | E | D | E | L | T | 0 | 1 | D | U | G | Z | U | Y |
| Y | A | S | W | X | M | U | R | L | K | P | P | 1 | S | T | R | V | D | J | 1 | R | Z | W | F |
| S | 1 | K | L | K | C | P | H | A | C | H | 1 | L | L | E | S | M | T | C | U | Q | N | E |  |
| K | J | H | 1 | Y | E | S | 1 | N | 1 | M | 0 | D | B | A | S | U | T | C | E | R | L |  |  |

external oblique adductor longus gastrocenemius occipitalis deltoid
iliotibial tract
gluteus maximus infraspinatus
trapezius
triceps
rectus abdominis
biceps femoris intercostals achilles
biceps

