Name: $\qquad$ Date: $\qquad$

## Muscle Groups



## Across

6. shoulder
7. upper leg (back)
8. chest
9. upper arm, has two
muscles in it
10. upper leg
11. lower chest

## Down

1. lower back
2. lower back
3. upper am (back)
4. above the thighs, lower than the waist
5. lower leg, also known as calves
