

Name: _____

Date: _____

Major Muscle of the Body

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

Rectus Abdominis

Latissimus Dorsi

Pectoralis Major

Gluteus Maximus

Hamstrings

Quadriceps

Trapezius

Obliques

Deltoid

Tricep