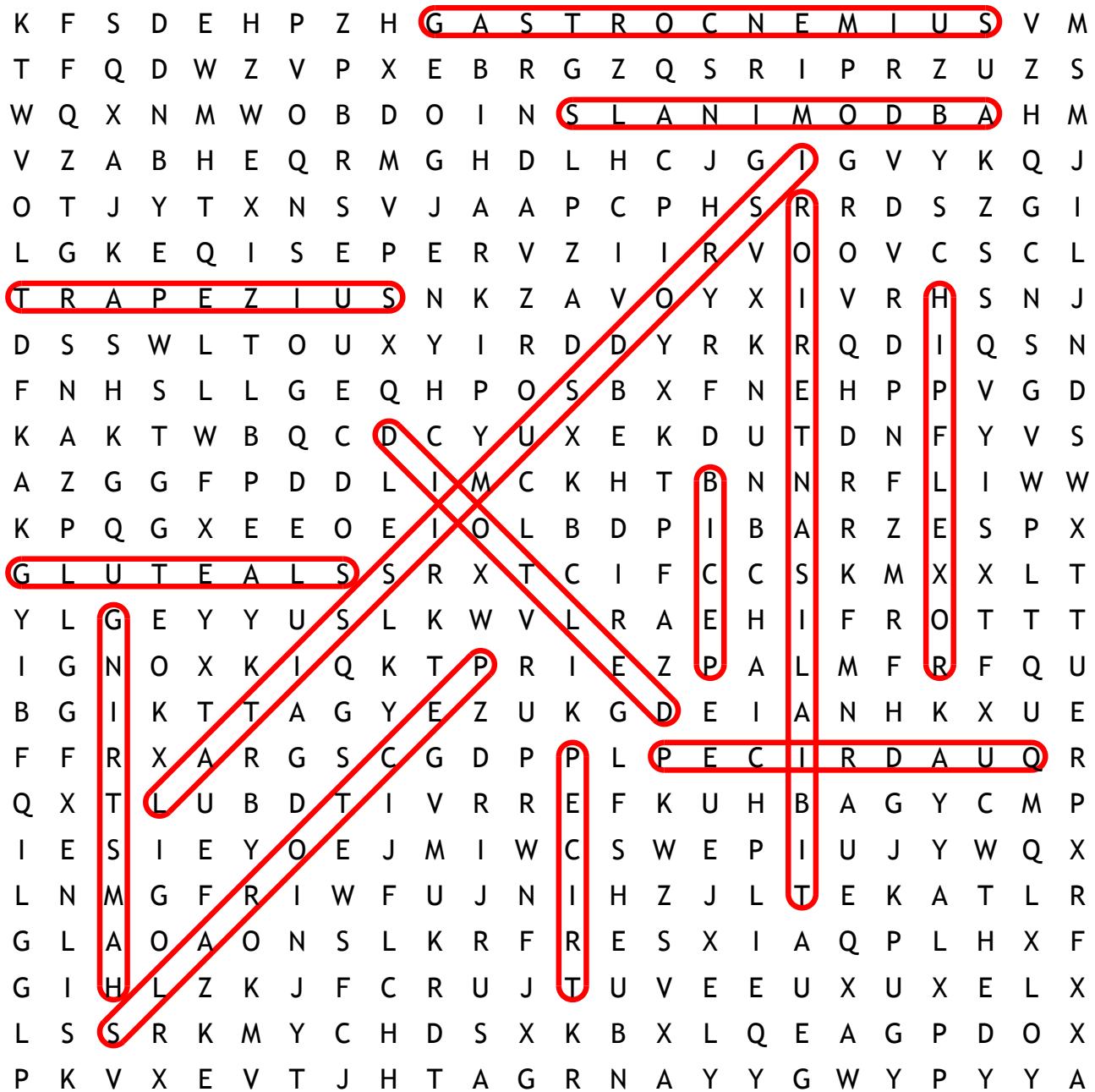


Name: _____

Date: _____

Major Muscles



tibialis anterior
hip flexor
trapezius
gluteals
bicep

latissimus dorsi
abdominals
hamstring
deltoid

Gastrocnemius
pectorals
quadricep
tricep