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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Muscle Groups

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |  |  |  |  |
|  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |
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|  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **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 |