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

Muscle Groups

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |  |  |  |  |
|  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 9 |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 |