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

Muscles

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

   tibialis anterior       soleus       gastrocnemius       hamstrings       quadriceps       obliques       abdominal       pectoralis major       triceps       biceps       deltoid       trapezius       sternocleidomastoid       tendon       ligament