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

Muscles

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

   Adductor brevis       Adductor longus       Adductor magnus       Biceps femoris       Gluteus maximus       Gluteus medius       Gluteus minimis       Gracilis       Iliacus       Inferior gemellus       Obturator externus       Obturator internus       Pectineus       Psoas major       Quadratus femoris       Sartorius       Semimembranosus       Semitendinosus       Superior gemellus       Tensor fascia latae       Vastus intermedius       Vastus lateralis       Vastus medialis