|  |  |
| --- | --- |
| 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