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

Muscles of the Body

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

   adductors       anterior forearms       biceps       calves       deltoids       dorsi flexors       gluteals       hamstrings       latissimus dorsi       lliopsoas       lower back       obliques       pectoralis major       posterior forearms       quadriceps       rectus abdominals       trapezius       triceps