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

Upper leg

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

   adductor muscle       biceps femoris       extensor digitorum longus       fibularis longus       gastrocnemius       gracilis       iliopsoas       iliotibial tract       rectus femoris       sartorius       semimembranosus       semitendinosus       soleus       tibialis anterior       vastus lateralis       vastus medialis