

Name: _____

Find the Muscles

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

quadriceps

pectorals

glutes

pecs

abdominals

gluteals

biceps

abs

hamstrings

triceps

quads