

Name: _____

Date: _____

MUSCLES

s r o i r e t n a s i l a i b i t c d v t l r u
s s b r a c h i o r a d i a l i s u i p r i f i
b i u o a d d u c t o r l o n g u s o h a o i l
t v l i t v u p a r e t e s s a m i t a n p b u
d g l a r h q t f l b s s q m q u l s h v s u c
s c b f r o m s c i i i i r t r i a u e o l c
s i t v v o t g d q c l r i e s o c m a r a a o
i r l d m r p r u a e a o h c i t a o s s s r s
r n d a g u q m a d p i s c t r i r d i e m i i
p q t e i h m f e s s d i a u o g g i l a g s r
e r h e l h m s l t f e r r s m i b e a b o l a
c i g m r t c m j e e m a b a e d s l r d e o l
t j e e q n o a h f m s l s b f r n c e o r n u
o s j m x i a i r t o u u p d s o g o t m c g c
r n i n a f q l d b r t c e o u s c n a i l u i
a m p l f e s o o p i s i c m t n b r l n h s b
l q p e a u i j t b s a b i i c e d e s i v a r
i x x g e t q n d p l v r b n e t i t u s x p o
s c u l t t n f x q q i o m i r x g s t x c c x
m a o v o m i o x c i f q g s i e s s s l i m x
a s x i d p e d r r a d d u c t o r m a g n u s
j i j c m j p r j f q a l b e q e i n v d o q l
o b r o i r e t n a s u t a r r e s h o o f i s
r l p o p e b d j s u m i x a m s u e t u l g b

STERNOCLEIDOMASTOID
SERRATUSANTERIOR
VASTUSLATERALIS
ORBICULARISORIS
ADDUCTORLONGUS
BRACHIALIS
GRACILIS
SOLEUS

TRANVERSEABDOMINIS
TIBIALISANTERIOR
BRACHIORADIALIS
ADDUCTORMAGNUS
BICEPSFEMORIS
TEMPORALIS
MASSETER

EXTENSORDIGITORUM
PECTORALISMAJOR
INTERNALOBLIQUE
GLUTEUSMAXIMUS
RECTUSFEMORIS
SARTORIUS
LIOPSOAS

ORBICULARISOCCULI
FIBULARISLONGUS
RECTUSABDOMINIS
VASTUSMEDIALIS
BICEPSBRACHII
FRONTALIS
DELTOID