

Name: _____

Date: _____

MUSCLES

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

STERNOCLEIDOMASTOID
SERRATUSANTERIOR
FIBULARISLONGUS
RECTUSABDOMINIS
ADDUCTORLONGUS
TEMPORALIS
MASSETER

TRANSVERSEABDOMINIS
TIBIALISANTERIOR
BRACHIORADIALIS
ORBICULARISORIS
RECTUSFEMORIS
SARTORIUS
DELTOID

EXTENSORDIGITORUM
ORBICULARISOCULI
EXTERNALOBLIQUE
GASTROCENEMIUS
BICEPSBRACHII
FRONTALIS

QUADRICEPSFEMORIS
PECTORALISMAJOR
INTERNALOBLIQUE
ADDUCTORMAGNUS
BRACHIALIS
LLIOPSOAS