

Name: _____

Date: _____

Muscle Review

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

Latissimus Dorsi

Gastrocnemius

Calf Raises

Bench Press

Hamstrings

Abdominals

Quadriceps

Pull down

Pectorals

Trapezius

Deadlift

Crunches

Gluteals

Triceps

Lunges

Squats

Biceps

Curls

Plank