

Name: _____

Muscles

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

Finger extensors
Gastrocnemius
Quadriceps
Gracilis
Deltoid
Biceps
Abs

Adductor longus
Teres major
Trapezius
Achilles
Triceps
Traps

Rectus femoris
Brachialis
Sartorius
Forearms
Soleus
Calf

Finger flexors
Upper back
Hamstring
Shoulder
Glutes
Pecs