

Name: _____

Date: _____

Muscles

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

- latissimusdorsi
- Pectoralismajor
- gluteusmaximus
- gastrocnemius
- abdominals
- hamstrings
- quadriceps
- trapezius
- obliques
- skeletal
- lengthen
- deltoid
- triceps
- cardiac
- shorten
- flexor
- biceps
- smooth
- extend
- heart
- core
- flex

