

Name: _____

Muscles

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

Finger extensors
Gastrocnemius
Abdominals
Gracilis
Triceps
Calves
Pecs

Adductor longus
Teres major
Trapezius
Achilles
Forearm
Biceps

Rectus femoris
Brachialis
Sartorius
Shoulder
Soleus
Traps

Finger flexors
Upper back
Hamstring
Deltoid
Glutes
Thigh