$\qquad$

## Muscles

| 0 | G | A | S | T | R | 0 | C | $N$ | E | M | 1 | U | S | 0 | J | P | T | C | H | X | L | 0 | J |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| V | N | K | S | J | D | M | $J$ | D | P | V | N | P | V | F | S | E | W | U | X | T | P | C | B |
| $J$ | R | 0 | J | A | M | S | 1 | L | A | R | 0 | T | C | E | P | T | X | S | Y | P | C | H | S |
| L | A | R | M | H | 1 | D | 0 | N | K | B | 1 | N | T | R | A | S | P | 1 | N | A | T | U | S |
| N | P | C | Q | Q | Y | R | 1 | A | R | T | E | C | C | P | Y | X | T | Z | V | S | C | Q | S |
| B | R | A | C | H | 1 | 0 | R | A | D | 1 | E | S | K | 1 | G | $X$ | S | Z | E | G | H | A | U |
| T | Z | C | U | Q | Y | K | G | L | U | T | I | S | U | S | M | A | X | 1 | M | U | S | F | M |
| K | S | E | M | 1 | M | E | M | B | R | A | N | 0 | S | U | S | E | T | E | $J$ | P | U | V | C |
| W | 1 | L | C | F | 1 | N | G | E | R | E | X | T | E | N | S | 0 | R | S | H | H | L | N | K |
| $N$ | F | Y | 0 | 0 | X | Q | F | L | A | C | H | B | Z | U | S | P | E | C | 1 | B | $J$ | 1 | N |
| F | B | T | Z | U | R | D | X | S | S | 1 | N | 1 | M | 0 | D | B | A | S | U | T | C | E | R |
| M | L | A | T | 1 | S | S | 1 | M | U | S | D | 0 | R | S | 1 | E | S | C | K | B | N | D | J |
| D | P | $J$ | S | U | S | 0 | N | 1 | D | N | E | T | 1 | M | E | S | V | E | Z | E | F | L | U |
| R | 0 | 1 | R | E | T | N | A | S | U | 1 | L | A | B | 1 | T | Q | M | Z | Z | P | Z | C | I |
| R | H | G | 1 | H | T | M | G | Q | N | C | V | P | S | E | 1 | N | 0 | T | R | A | T | S | F |
| 0 | E | H | S | D | A | N | M | 0 | S | S | B | S | G | E | M | Y | F | 1 | F | 1 | G | Y | P |
| M | J | V | V | Q | T | F | F | H | V | F | D | U | L | $\checkmark$ | Y | L | V | V | G | R | 0 | 1 | N |
| Y | A | L | S | $J$ | N | Z | H | Q | F | H | P | 1 | T | T | X | L | $J$ | B | C | X | S | R | T |
| H | L | C | G | C | W | U | S | U | H | G | G | Z | L | S | G | $J$ | S | W | Y | C | P | 0 | X |
| Q | W | 1 | J | K | S | E | B | T | E | 0 | G | E | R | Z | A | Z | P | S | 0 | L | E | U | S |
| M | D | U | D | E | S | T | 0 | 1 | D | N | X | P | P | K | 0 | R | T | 1 | 1 | L | C | X | A |
| T | P | A | T | L | C | R | H | G | Y | Q | U | A | D | R | 1 | C | E | P | S | C | 1 | H | G |
| Y | N | Z | W | K | M | C | Y | Y | E | C | Y | R | C | P | F | W | Q | D | F | Z | R | Q | G |
| K | 0 | E | L | P | G | M | $J$ | F | Y | W | R | T | L | X | S | A | 0 | Q | Q | M | T | G |  |

Tibalius anterior Glutisus maximus Finger extensors Latissimus Dorsi
Rectus abdominis Pectoralis major Semimembranosus Semitendinosus Gastrocnemius Startonies
Soleus

Intraspinat
Trapezius
Biceps

Brachioradies Quadriceps
Triceps
Groin

Destoid
Thigh

