

Teddy Taylor

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

latissimus dorsi
antognostic
abduction
pectorals
isotonic
tricep
hinge

gluteus maximus
quadriceps
adduction
trapezius
flexion
musles

ball and socket
abdominals
extension
isometric
deltoid
bicep

gastrocnemius
antagonist
hamstring
rotation
agonist
pivot