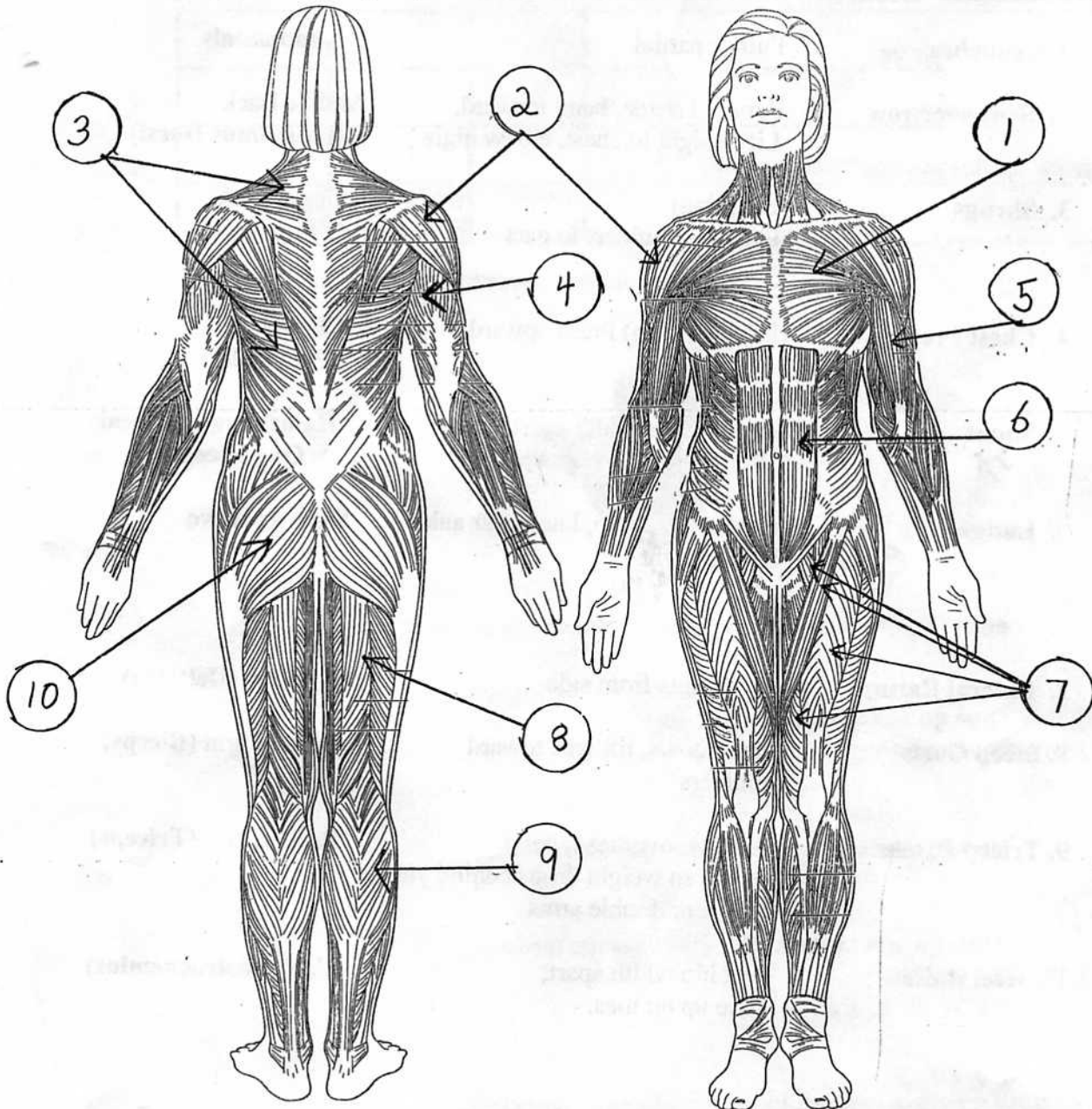


Name _____

Class _____

MUSCLE GROUPS

Please identify the muscle groups labeled.



1. Chest / Pectorals, 2. Shoulders / Deltoids, 3. Back / Latissimus Dorsi, Trapezius
4. Triceps 5. Biceps, 6. Abdominal, 7. Quadriceps, 8. Hamstrings
9. Calf / Gastrocnemius, 10. Buttocks / Gluteus Maximus