

Muscle Diagram

Name _____

Period _____

Date _____

Anterior

1. Muscle Group: _____
Common Name: _____
Exercise Name: _____

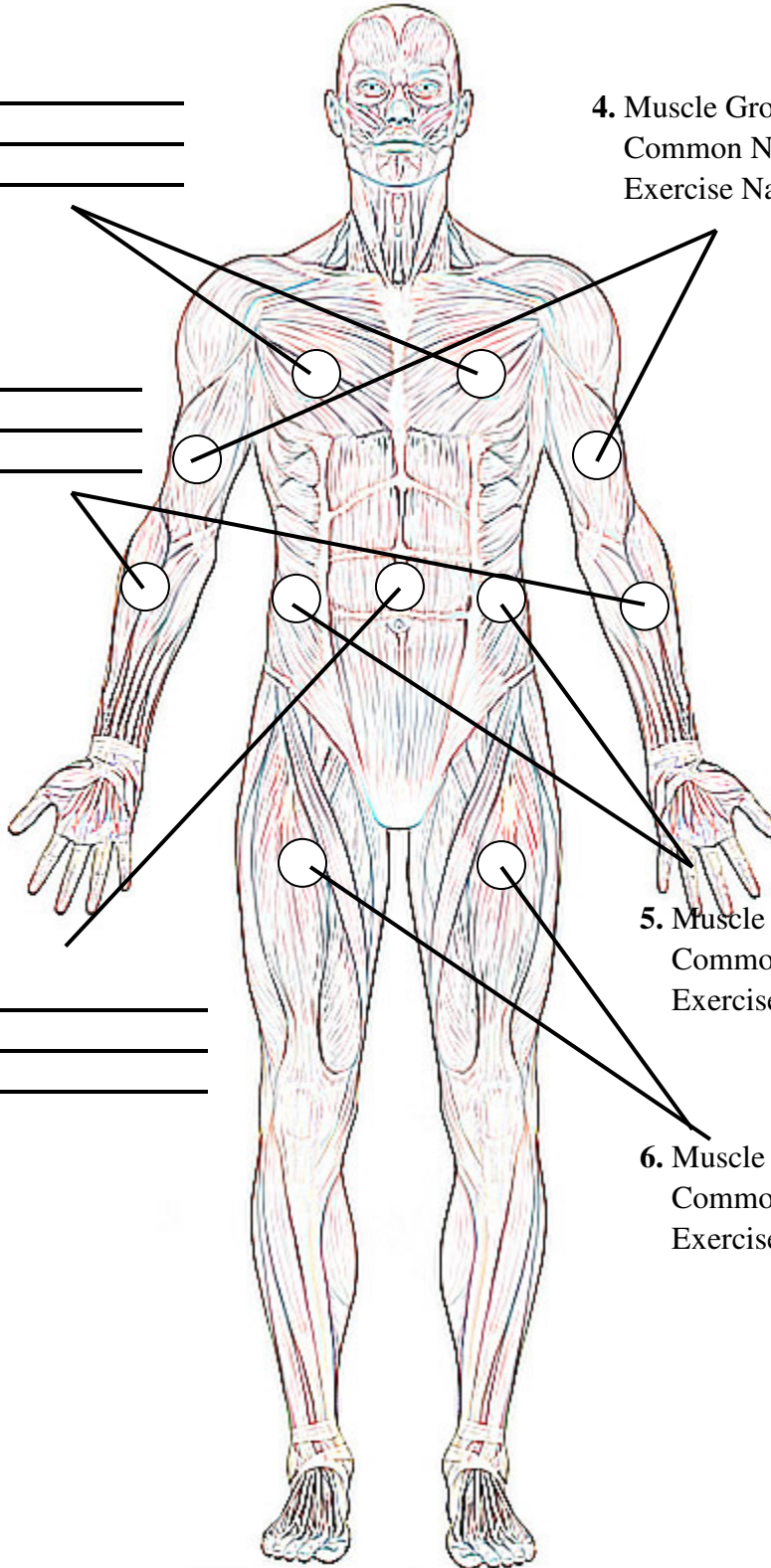
4. Muscle Group: _____
Common Name: _____
Exercise Name: _____

2. Muscle Group: _____
Common Name: _____
Exercise Name: _____

3. Muscle Group: _____
Common Name: _____
Exercise Name: _____

5. Muscle Group: _____
Common Name: _____
Exercise Name: _____

6. Muscle Group: _____
Common Name: _____
Exercise Name: _____



Muscle Diagram

Posterior

7. Muscle Group: _____
Common Name: _____
Exercise Name: _____

11. Muscle Group: _____
Common Name: _____
Exercise Name: _____

8. Muscle Group: _____
Common Name: _____
Exercise Name: _____

9. Muscle Group: _____
Common Name: _____
Exercise Name: _____

12. Muscle Group: _____
Common Name: _____
Exercise Name: _____

10. Muscle Group: _____
Common Name: _____
Exercise Name: _____

13. Muscle Group: _____
Common Name: _____
Exercise Name: _____

