Muscles Worksheet

Use the image below and word bank to fill out numbered list below.



|  |  |  |  |
| --- | --- | --- | --- |
| Hamstrings | Pectoralis Major | Latissimus Dorsi | Rectus Abdominus |
| Gastrocnemius | Triceps | Obliques | Deltoid |
| Biceps | Quadriceps | Gluteus Maximus | Trapezius |
|  | Erector Spinae | Soleus |  |

|  |  |
| --- | --- |
| 1. | 8. |
| 2. | 9. |
| 3. | 10. |
| 4. | 11. |
| 5. | 12. |
| 6. | 13.  |
| 7.  | 14.  |

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_