



WRITE ANSWERS BELOW

|               |                     |
|---------------|---------------------|
| 1) Deltoid    | 7) Rectorals        |
| 2) Biceps     | 8) Trapezius        |
| 3) Obliques   | 9) Triceps          |
| 4) Hip flexor | 10) Gluteus Maximus |
| 5) Quadriceps | 11) Hamstrings      |
| 6) Abdominals | 12) Gastrocnemius   |