

Els nostres músculs!

E	R	C	Q	U	A	D	R	I	C	E	P	S	R
R	Q	Q	E	B	E	S	S	O	N	S	T	I	D
E	P	O	R	B	I	C	U	L	A	R	S	A	A
N	S	B	F	D	D	E	L	T	O	I	D	E	B
E	B	I	Z	E	L	A	F	R	O	N	T	A	L
S	S	C	S	L	A	R	O	T	C	E	P	I	T
B	A	E	L	A	O	S	E	I	E	R	Z	E	R
T	I	P	L	B	S	T	O	Z	U	E	R	C	I
I	P	S	N	D	A	R	U	E	G	S	E	P	C
P	D	P	E	O	I	O	I	P	U	L	R	I	E
E	I	B	L	M	O	C	E	A	S	N	U	A	P
I	I	P	B	E	S	O	D	R	N	U	P	T	S
D	B	T	P	N	R	I	R	T	U	O	E	S	I
U	S	S	N	R	S	E	P	R	D	E	A	P	B

TRICEPS
 ABDOMEN
 BESSONS
 PECTORALS
 DELTOIDE
 BICEPS
 QUADRICEPS
 TRAPEZI
 FRONTAL
 GLUTI
 ORBICULARS

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