

Muscles

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

GASTROCNEMIUS
 PIRIFORMIS
 ADDUCTORS
 ILIOPSOAS
 LATISSIMUS DORSI
 DELTOIDS
 ERECTOR SPINAE
 BICEPS
 QUADRICEPS
 PECTORALIS
 HAMSTRINGS
 TRICEPS
 RHOMBOIDS
 TRAPEZIUS
 SOLEUS

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