

Muscles

E	I	C	S	D	E	P	H	T	L	G	U	B	O
X	S	A	D	I	S	R	T	V	T	L	P	H	C
A	U	R	S	O	V	T	O	O	R	U	P	S	L
B	I	D	S	T	A	A	O	L	I	T	E	Y	S
T	M	I	E	L	B	E	M	U	C	E	R	Y	P
R	E	A	P	E	D	H	S	N	E	U	B	D	E
A	N	C	E	D	O	I	A	T	P	S	O	O	C
P	C	A	C	R	M	P	L	A	S	M	D	B	I
E	O	N	T	S	I	F	C	R	P	A	Y	R	B
Z	R	E	O	E	N	L	N	Y	C	X	X	E	P
I	T	R	R	T	A	E	A	B	S	I	C	W	Y
U	S	B	A	U	L	X	B	R	A	M	A	O	E
S	A	U	L	L	S	O	I	G	E	U	L	L	C
E	G	T	S	G	L	R	M	S	O	S	F	P	P

- LOWER BODY
- GLUTEUS MAXIMUS
- CARDIAC
- GASTROCNEMIUS
- UPPER BODY
- HIP FLEXOR
- TRAPEZIUS
- DELTOID
- PECTORALS
- TRICEPS
- BICEPS
- VOLUNTARY
- ABDOMINALS
- ABS
- CALF
- GLUTES
- SMOOTH

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E	I	C	S	D	E	P	H	T	L	G	U	B	O
X	S	A	D	I	S	R	T	V	T	L	P	H	C
A	U	R	S	O	V	T	O	O	R	U	P	S	L
B	I	D	S	T	A	A	O	L	I	T	E	Y	S
T	M	I	E	L	B	E	M	U	C	E	R	Y	P
R	E	A	P	E	D	H	S	N	E	U	B	D	E
A	N	C	E	D	O	I	A	T	P	S	O	O	C
P	C	A	C	R	M	P	L	A	S	M	D	B	I
E	O	N	T	S	I	F	C	R	P	A	Y	R	B
Z	R	E	O	E	N	L	N	Y	C	X	X	E	P
I	T	R	R	T	A	E	A	B	S	I	C	W	Y
U	S	B	A	U	L	X	B	R	A	M	A	O	E
S	A	U	L	L	S	O	I	G	E	U	L	L	C
E	G	T	S	G	L	R	M	S	O	S	F	P	P