

Do you Know Your Muscles?

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

BICEPS
TRICEPS
GASTROC
TONGUE
MASSETER
HEART

DELTOID
LATISSIMUS
TRAPEZIUS
PECTORAL
TIBIALIS
RHOMBOIDS

SOLEUS
HAMSTRING
QUADRICEPS
ERECTOR SPINAE

INTERESTING FACT:

Can you guess what the strongest muscle in the body is by weight?

ANSWER: The Masseter muscle!