

Major Muscles

Medium · 13 × 13 · 12 words · across, down and diagonal

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

- ☐ BICEPS
- ☐ TRICEPS
- ☐ DELTOID
- ☐ PECTORALIS

- ☐ TRAPEZIUS
- ☐ LATISSIMUS
- ☐ ABDOMINALS
- ☐ GLUTEUS

- ☐ QUADRICEPS
- ☐ HAMSTRINGS
- ☐ SOLEUS
- ☐ SARTORIUS

Major Muscles: answer key

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