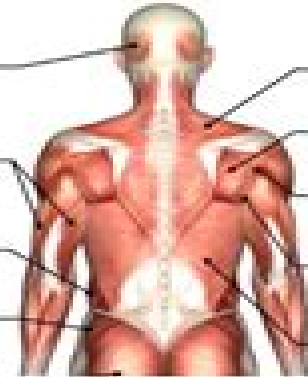
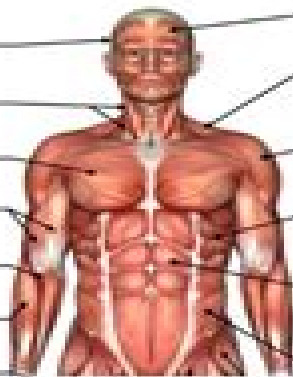
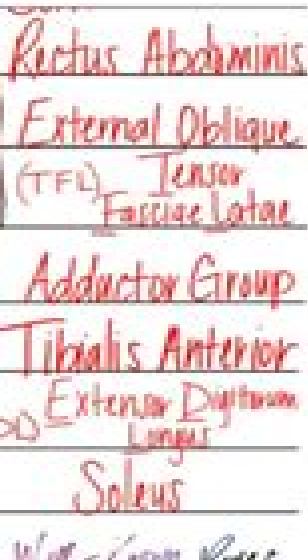
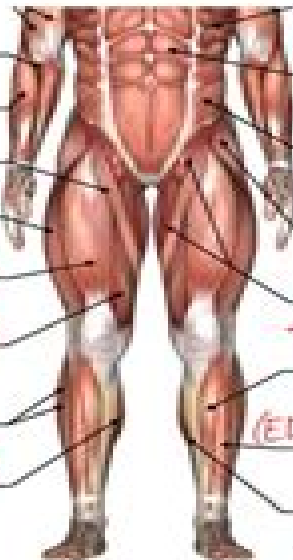


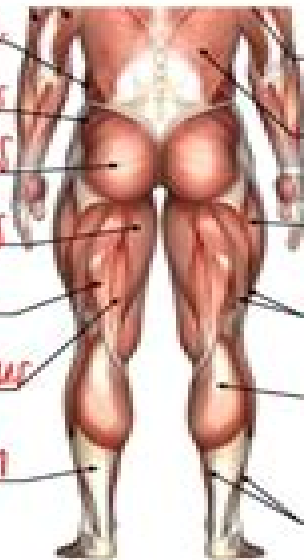
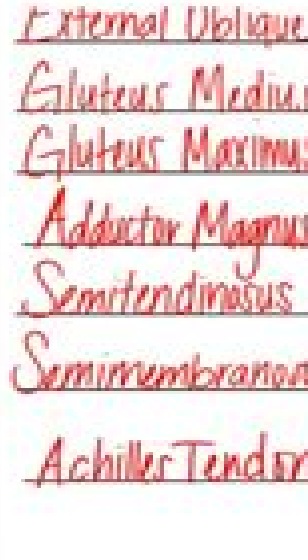
FILL IN THE BLANK ON THE FRONT



MAJOR MUSCLES STUDY WORKSHEETS



Anterior View



Posterior View

ANSWERS ON THE BACK

Terrace
Stu
Per
Bicy

Pronator
Brachioradialis
Sartorius
Vastus Lateralis
Rectus Femoris
Vastus Medialis
Fibularis
Longus & Brevis
Gastrocnemius

Rectus Abdominis
External Oblique
(TFL) Tensor
Fasciae Latae
Adductor Group
Tibialis Anterior
(EDL) Extensor Digitorum
Longus
Soleus

Well-Known Ropes

External Oblique
Gluteus Medius
Gluteus Maximus
Adductor Magnus
Semitendinosus
Semimembranosus
Achilles Tendon

Teres Major
Latissimus Dorsi
Vastus Lateralis
Biceps Femoris
Gastrocnemius

Soleus

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Jane B. Taylor



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