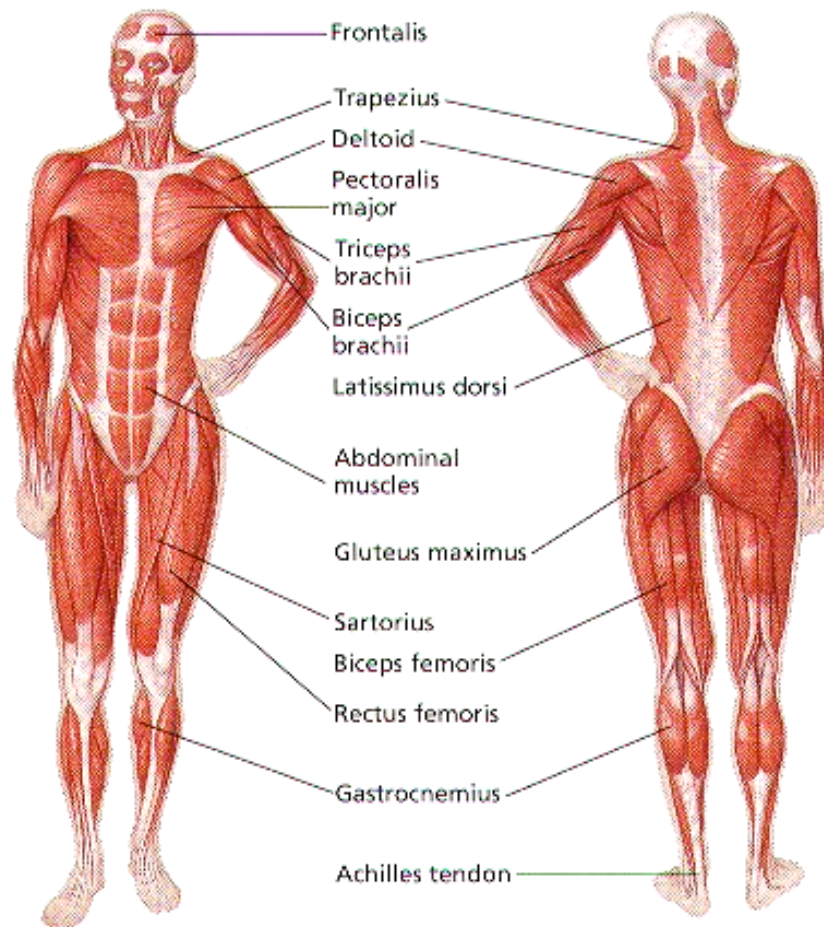


## MAJOR MUSCLES OF THE BODY



Using the website [www.bodybuilding.com](http://www.bodybuilding.com) label the above diagram.

Complete the table for each of the major muscles listed below.

Muscle	Pictures/Explanation	Name of Exercise
Deltoid		
Deltoid		
Pectoralis Major		
Pectoralis Major		
Triceps		
Triceps		
Biceps		
Biceps		

Latissimus dorsi		
Latissimus dorsi		
Abdominals		
Abdominals		
Gluteus Maximus		
Gluteus Maximus		
Hamstrings		
Hamstrings		
Quadriceps		

Quadriceps		
Gastrocnemius		
Gastrocnemius		