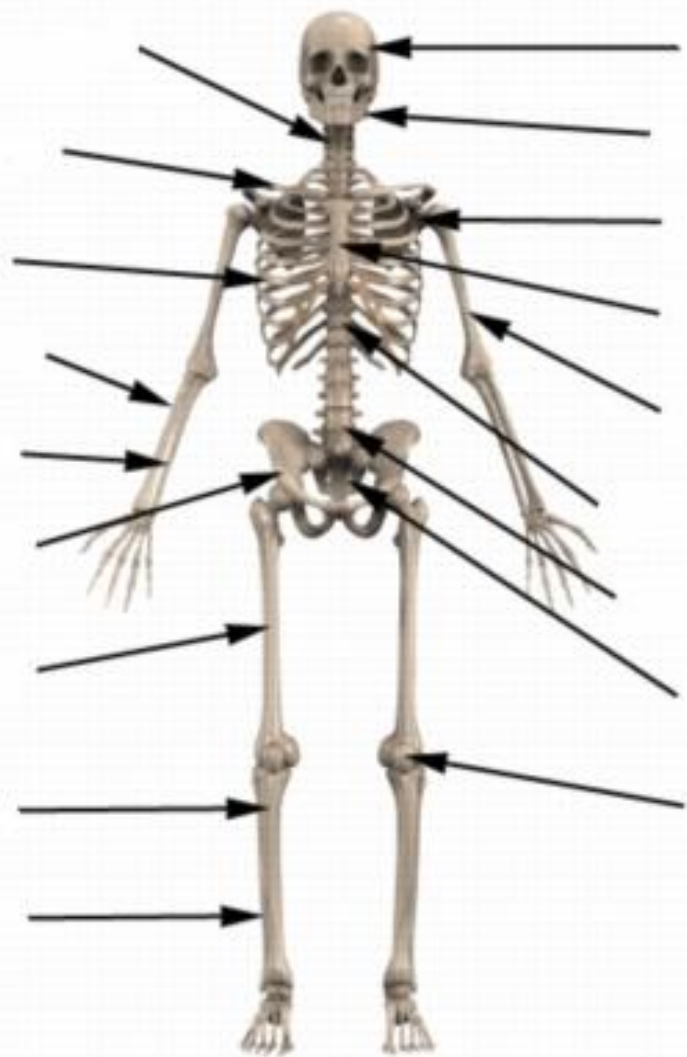


Write the name of the muscles from the boxes in the correct positions. Some of the arrows can be unnecessary, or you might need to add new arrows.

COMMON NAMES FOR MAJOR MUSCLES GROUPS:

| | | | | | |
|---|-----------------------|----|---------------------------------|----|----------------------------|
| 1 | PECTORALS (PECS) | 7 | DORSAL MUSCLES (MEDIUM BACK) | 13 | LATISSIMUS DORSI (LATS) |
| 2 | QUADRICEPS (QUADS) | 8 | CALVES | 14 | GLUTEUS (GLUTES) |
| 3 | HAMSTRINGS | 9 | ADDUCTORS | 15 | DELTOIDS |
| 4 | TRAPEZIUS | 10 | LUMBAR (LOWER BACK) | 16 | OBLIQUES |
| 5 | ABDOMINALS | 11 | BICEPS | 17 | TRICEPS |
| 6 | FOREARM MUSCLES | 12 | STERNOCLEIDOMASTOID | 18 | TIBIAL (SHIN MUSCLE) |



MAIN BONES IN THE HUMAN BODY:

| | | |
|--------------------------|--------------------|-----------------------|
| CERVICAL VETERBRAE | FEMUR | STERNUM (BREAST BONE) |
| CLAVICLE (COLLAR BONE) | RIBS | COCCYX |
| CUBITUS (ULNA) | TARSUS | FIBULA |
| METATARSUS | SKULL | SACRUM |
| TIBIA | METACARPUS | RADIUS |
| SHOULDER BLADE (SCAPULA) | HUMERUS | CARPUS |
| COXAL (PELVIS, HIP BONE) | PHALANGES | JAW (MANDIBLE) |
| LUMBAR VERTEBRAE | THORACIC VERTEBRAE | PATELLA (KNEECAP) |