

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Physical & Health Education with Ms. Newell**

Grade: \_\_\_\_\_\_

 MAJOR MUSCLES OF THE HUMAN BODY

1. Deltoids
2. Biceps
3. Abdominals (Abs)
4. Quadriceps (Quads)
5. Triceps
6. Gluteus Maximus (Glutes)
7. Hamstrings
8. Gastrocnemius (Calf)