

# Muscle Mastery

Muscles work to help our body move. There are over 600 muscles in the human body. Below you will see 11 of those muscles listed. Find and circle the words in the puzzle.



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

- ABDOMINALS
- BICEP FEMORIS
- BICEPS
- DELTOIDS
- GASTROCNEMIUS
- GLUTEUS MAXIMUS
- HAMSTRING
- INTERCOSTALS
- PECTORALS
- QUADRICEPS
- TRICEPS

**CHALLENGE**  
 Exercise your muscles by being active for at least 60 minutes today!

Using the bolded letters in the puzzle, unscramble to reveal the answer to the bonus question.

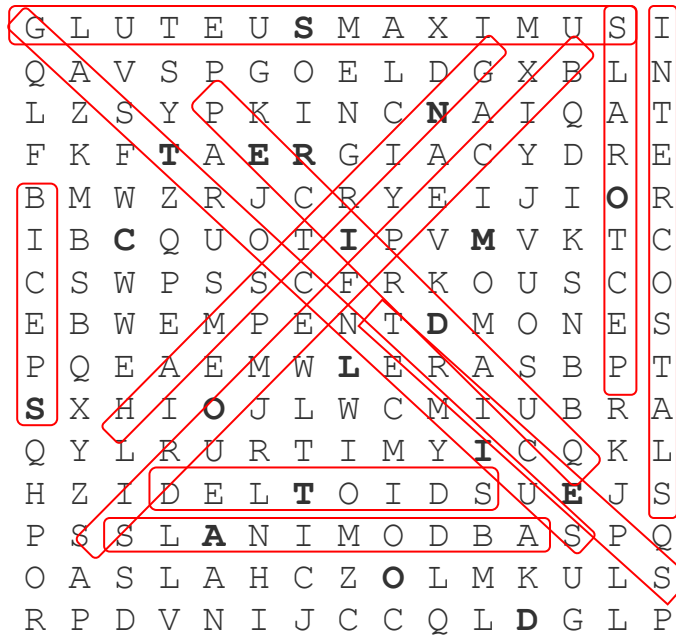
**Which muscle moves the heavy head?**

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# ANSWER KEY

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**Which muscle moves the heavy head?**

S T E R N O C L E I D O M A S T O I D