



Muscle name sheets

The following named sheets can be printed and cut up into individual named strips. These can then be used for the *Muscle Bingo* and *Muscle Shuttles* activities.



**Triceps
brachii**



**Biceps
brachii**



**Rectus
abdominis**



**External oblique
abdominal**



**Adductor
longus**



Rectus femoris



**Tibialis
anterior**



**Gluteus
maximus**



Deltoid



**Vastus
lateralis**



**Vastus
medialis**



Trapezius



Rhomboids



Teres major



**Latissimus
dorsi**



Biceps femoris



**Pectoralis
minor**



**Pectoralis
major**



Gastrocnemius



Infraspinatus