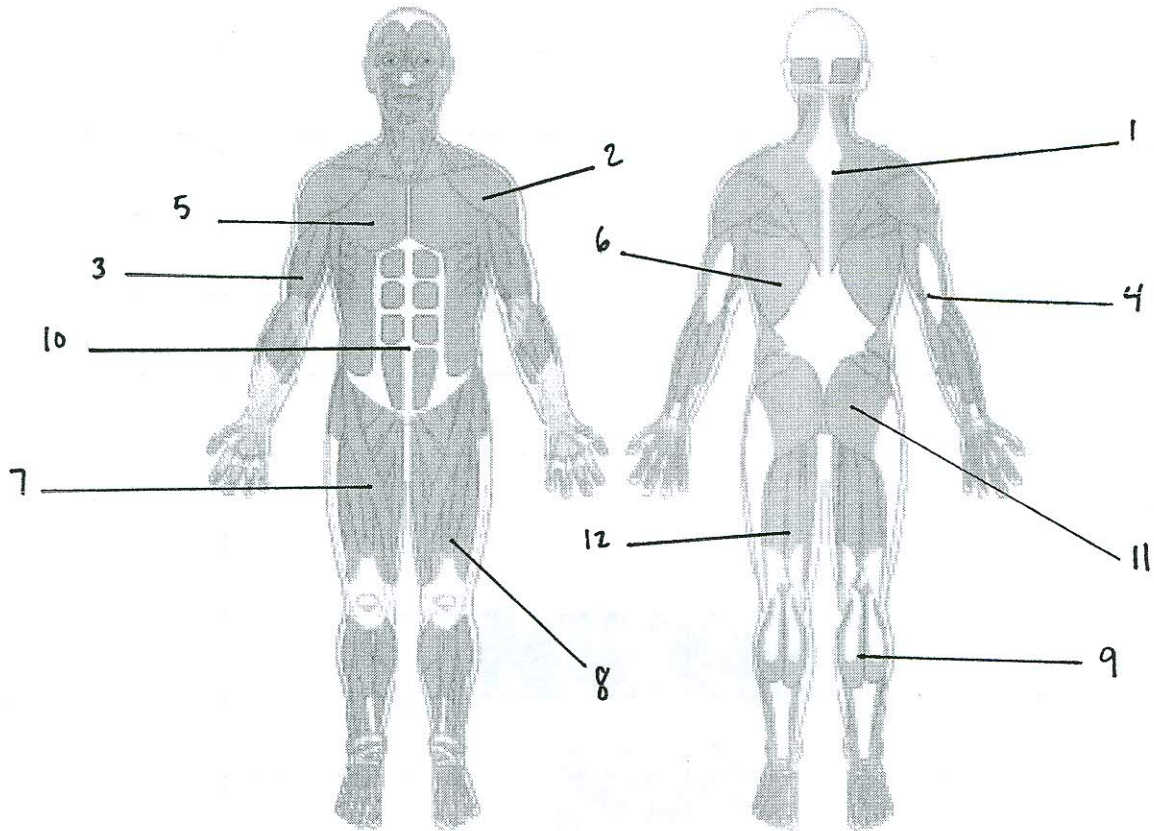


NAME: \_\_\_\_\_ PERIOD: \_\_\_\_\_ DATE: \_\_\_\_\_

### MUSCLES OF THE BODY

At each machine check what muscles are being used and write the muscle name with the correct number on the lines provided below.



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_

Record the muscles at each machine and the weight and repetitions you completed at each machine.

| #       | Muscles | Weight | Reps |
|---------|---------|--------|------|
| 2       |         |        |      |
| 4       |         |        |      |
| 6       |         |        |      |
| 8 / 20  |         |        |      |
| 10 / 28 |         |        |      |
| 12      |         |        |      |
| 14      |         |        |      |
| 16      |         |        |      |
| 18      |         |        |      |
| 22      |         |        |      |
| 24      |         |        |      |
| 26      |         |        |      |
| 30 / 36 |         |        |      |
| 34      |         |        |      |
| 38      |         |        |      |