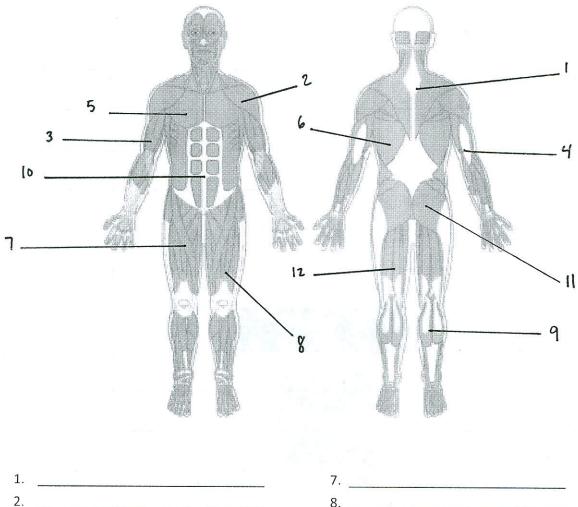
NAME:		PERIOD:	DATE:	
INMIVIL.	A STATE OF THE PARTY OF THE PAR	FLAIUD.	DATE.	

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.



12. _____

2.	8
3.	9
4	10
5	11.

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

#	Muscles	Weight	Reps
2	At the end of the state of the	1 10 7 10	- mudae n
4	ey epi , iye i e	-,1 041	n 19£1no
6			
8 / 20			
10 / 28			
12			
14	40		
16			
18			
22			-1
24			
26			
30 / 36			
34			
38			