

Look at the picture of muscular groups and match each of the following muscular groups with an appropriate part of the body:

Abs (rectus abdominis)

Biceps (biceps brachii)

Calves (gastrocnemius)

Forearm (brachioradialis)

Glutes (gluteus maximus and medius)

Hamstrings (biceps femoris)

Chest (pectoralis)

Lats (latissimus dorsi)

Lower back

Middle back (rhomboids)

Neck

Quads (quadriceps)

Shoulders (deltoids)

Traps (trapezius)

Triceps (triceps brachii)

