

HEALTH & FITNESS CHALLENGE CARDS

Muscles

MUSCLE GROUPS

Chest

Arm

Abdominal

Shoulder

Leg

Buttock

Whole body

MUSCLE NAMES

triceps

quadriceps

abdominals

obliques

calves

hamstrings

pectoral

deltoids

adductors

abductors

gluteal

Bones

Skull

Clavicle

Humerus

Ulna

Pelvis

Fibula

Ribs

Metatarsals

Spine

Sternum

Radius

Femur

Tibia

Patella

Metacarpals