

# Muscles P-Z

MassageNerd.com

## Word Scramble Puzzle

Prsisemalnit eoar  
hmdsioboR  
Itsercsfa enaa oiaT  
aulaogPmsirln s  
Ruomtif cerses  
uappnitussSra  
esPnurroies bve  
tsdnei boRiscmau  
piranutoS  
slirceucpisvinS e  
rPro oetreasnt  
rSscliuubpasa  
Sostairru  
uuuldr Rao Qtmaubsm  
unn eorsgePolsu  
Samltooiddosecietn  
pitosePul  
esMoaTe jrr  
IstaniaPr  
rotqoPndas rrauatu  
miudiiteare lsatssV  
lesSecna  
toDrori ostDiPele  
r atluseiVlasast  
ouelsS  
sePnarioo tlicrm  
sasdVlumtesi ia  
sSdeinoitmunse  
emlr Poaaoisrtcj  
iTrpecs  
tnieuersuPt sreo  
Ptescunie  
ei utrrtrsenAaoSr  
usiSasmbmerenmo  
niliisTs eppusca  
reriMsn oeT  
AeirTibtolirsn ia  
itlrrseisoToaib ip  
asoinTsprianrlve  
nm sbsdaoeriirTnasev  
aieTupzrs

Palmar interossei  
Rhomboids  
Tensor fascia latae  
Palmaris longus  
Rectus femoris  
Supraspinatus  
Peroneus brevis  
Rectus abdominis  
Supinator  
Splenius cervicis  
Pronator teres  
Subscapularis  
Sartorius  
Quadratus lumborum  
Peroneus longus  
Sternocleidomastoid  
Popliteus  
Teres Major  
Plantaris  
Pronator quadratus  
Vastus intermedialis  
Scalenes  
Posterior Deltoid  
Vastus lateralis  
Soleus  
Pectoralis minor  
Vastus medialis  
Semitendinosus  
Pectoralis major  
Triceps  
Peroneus tertius  
Pectineus  
Serratus Anterior  
Semimembranosus  
Splenius capitis  
Teres Minor  
Tibialis Anterior  
Tibialis posterior  
Transversopinalis  
Transverse abdominis  
Trapezius