

Name: _____

Class: _____

MUSCLES

1. From the boxes below, choose the muscles used for cycling and label them on the diagram.



Gluteus Maximus

Hamstring Muscles

Quadricep Muscles

Vastus Medialis

Rectus Femoris

Vastus Lateralis

Gastrocnemius Medialis

Gastrocnemius Lateralis

Soleus Tibialis Anterior