Poster:

Muscle Groups—Front

- Trapezius (the “trap muscles”)
- Deltoids (the “airplane muscles”)
- Biceps (the “bicycle muscles”)
- Triceps (the “tricycle muscles”)
- Pectorals (the “King Kong muscles”)
- Abdominals (the “Dominator muscles”)
- Obliques (the “Oh, Boy muscles”)
- Gluteus Maximus (the “glue muscle”)
- Hamstrings (the “ham muscles”)
- Gastronemius (the “gas muscles”)

(Images of human body showing muscle groups labeled with their names and descriptions.)
POSTER:

**Muscle Groups—Back**

- **Trapezius** (the “trap muscles”)
- **Deltoids** (the “airplane muscles”)
- **Triceps** (the “tricycle muscles”)
- **Latissimus Dorsi** (the “dinosaur muscles”)
- **Gluteus Maximus** (the “glue muscle”)
- **Gastronemius** (the “gas muscles”)
- **Quadriceps** (the “quarterback muscles”)