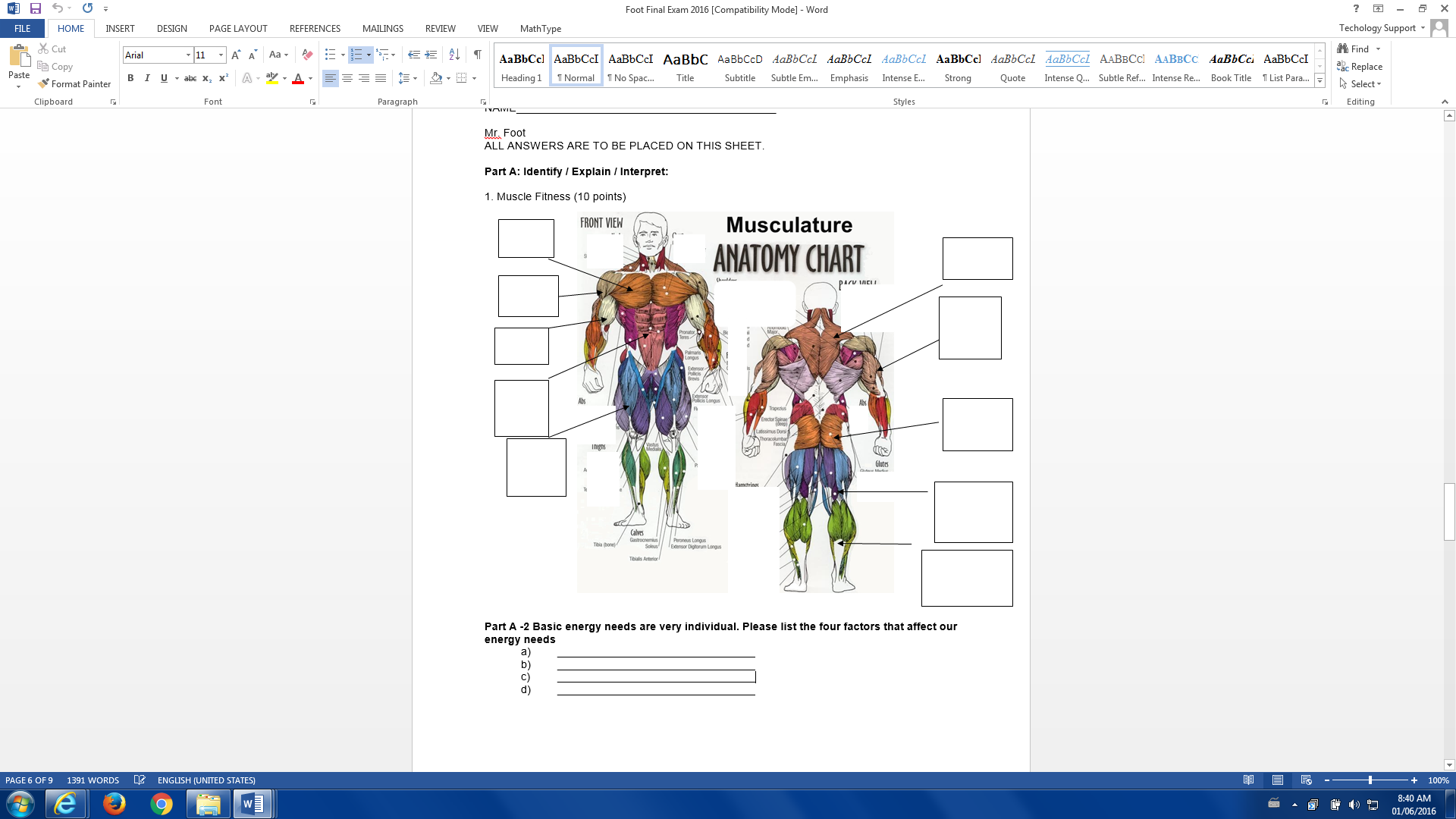
Muscular Structures: Please label the ten major muscles on the diagram below:

* 1. Pectoralis major (pecs/chest)
  2. Gluteus Maximums
  3. Biceps Femoris
  4. Triceps
  5. Rhomboid
  6. Gastrocnemius & soleus (calves)
  7. Rectus abdominus (abs)
  8. Hamstrings
  9. Quadriceps
  10. Trapezius
  11. Deltoid
  12. Biceps



|  |  |
| --- | --- |
| Term/Item | Explain in Detail |
| Aerobic Energy System |  |
| Anaerobic Energy System |  |
| Lactic Acid Energy System |  |
| Protein |  |
| Carbohydrates |  |
| Minerals |  |
| Tendon |  |
| Agility |  |
| Principle of Overload |  |
| Target Heart Rate Zone |  |
| Cholesterol |  |
| Body composition |  |
| Amino Acids |  |
| Muscular strength |  |