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



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| 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 |  |