



Name _____

Muscle Activation Word Search

T X G U U P C O N T R O L D N Y N O P Z
V N C A E G F O C Y F W O J N U D P E H
R R G U S D O G N U Z Q S U P P O R T I
G D Z K T A K H T T I X U S U J G K B I
J I I G Y H O T J X R P Z K L D I X Q K
K D A D F W O I T M C A I W L E F M P H
Z Z F R V A Q N R U X U C M V T W Z X H
G D L S P O C Q B S T R E T C H A L T Y
N A X R E T H Z M R T B I F T K Y Z H P
A E H E J E N H P C T A K S P M G A Z H
L X C R F P I U L G Y L B E E P X C J L
A H M U E V K J O Q O A P I W E F Y T L
R O K N I Y R W P T G N I L L N Q M B E
M Z N E C P M S C O B C S F X I G O B I
E S X O Z X S I U Y E E P C D B Z V E D
D X O S T Z F H P Y X N V F E X T E N D
J Q D R N Y D S P C B G G W T F Q T D G
N N J R Z L D D F M I Z L A I I P B C M
Y E U X P F X K O U M L Z L G I M A C L
O D G Y M A M A P E G H N K A E D H S O

Stretch
Contract
Flex
Pull
Move

Lift
Extend
Stabilize
Support
Balance

Rise
Control
Bend
Walk
Engage

