

Name: \_\_\_\_\_

Datum: \_\_\_\_\_

# Muskeln

Finde die versteckten Wörter

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

Diese Wörter sind versteckt:

MUSKELFASERN

BIZEPS

BEFEHL

ENTSPANNEN

LANG

TRIZEPS

BEUGEMUSKELN

SEHNEN

MUSKEL

DICKER

KÜRZER

VERBINDEN

LÄNGER

KURZ

BÜNDELN

HALTEN

STEUERN

TRAINIEREN

BESTIMMEN

STRECKMUSKEL

# LÖSUNG für Muskeln

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