

1. Name the muscle that is described.
2. Add to the muscle description.
3. Label the muscles on the back.

	FOREHEAD MUSCLE – WRINKLES THE FOREHEAD
	JAW MUSCLE – CLOSSES THE JAW
	NECK MUSCLE – MOVES THE HEAD TO A SIDE
	SHOULDER MUSCLE – RAISES THE ARM
	FRONT OF THE ARM - FLEXES THE FOREARM
	BACK OF THE ARM - EXTENDS THE FOREARM
	CHEST MUSCLE – EXTENDS THE ARM
	STOMACH (ABDOMEN) MUSCLE – SIT UP MOTION
	THIGH MUSCLE (QUADRICEP) – EXTENDS LOWER LEG
	CALF MUSCLE – EXTENDS THE FOOT (TIP TOES)
	BUTTOCKS MUSCLE – EXTENDS THE UPPER LEG (THIGH)
	BACK MUSCLE – EXTENDS THE UPPER ARM
	UPPER BACK/SHOULDER MUSCLE -RAISE AND EXTEND ARM
	THIGH MUSCLE (HAMSTRING) – FLEXES LOWER LEG
	SIDE ABDOMINAL MUSCLE – ROTATIONAL SIT UP