

Use the diagrams on the back side of the study guide to help you answer each question/statement on the front. Each numbered answer is the same for both sides of the paper. You can check your answers by using the numbered answers listed on the bottom of the page.

1. This muscle is used when performing skills such as a push-up or a bench press. ____
2. The muscle that allows the arm to bend at the elbow joint, causing it to perform a curling motion. It also assists in picking up objects. ____
3. Many people exercise this muscle by doing sit-ups. This muscle also helps to support the midsection/core of the skeleton. ____
4. This muscle allows the legs to straighten at the knee, and is commonly strengthened by performing activities that involve a squatting motion. ____
5. This muscle allows a person to turn/twist their body from side to side. ____
6. The muscle located on/near the shoulder that helps you to raise your upper arm. ____
7. The muscle is used to perform a shoulder shrug. ____
8. The muscle that is used to straighten and extend the arm at the elbow joint. ____
9. The large back muscle that allows a person to perform a pull-up. It is also exercised by performing an iron cross, where the arms are raised out to the side to form a "T" pose. ____
10. This muscle allows the legs to curl/raise back when running, it also can be stretched while sitting with your legs straight and reaching toward your toes. ____
11. This muscle allows you to point your toes. It is commonly exercised by raising your body from a flat footed position onto your "tip toes," also referred to as a calf raise. ____

Know the following information about muscles:

Skeletal muscle is muscle that connects to bones allowing for the skeleton/body to move.

Skeletal muscles work in pairs to provide movement of the body.

A person can improve their flexibility by stretching their muscles regularly.

Cardiac muscle is muscle found in the heart.

The heart is a muscle that can be made stronger through exercise.

Muscles take oxygen out of the blood in order to function properly.

Smooth muscle is muscle found in the digestive system (example - stomach and intestines.)

Tendons are tissues that connect the muscles to bones.

"Core" Muscles is a common term for muscles found in the middle of the body (example - Abdominals, Obliques, Latissimus Dorsi)

Answers for questions and diagrams on the back:

1. Pectorals
2. Biceps
3. Abdominals
4. Quadriceps
5. Obliques
6. Deltoid
7. Trapezius
8. Triceps
9. Latissimus Dorsi
10. Hamstrings
11. Gastrocnemius

