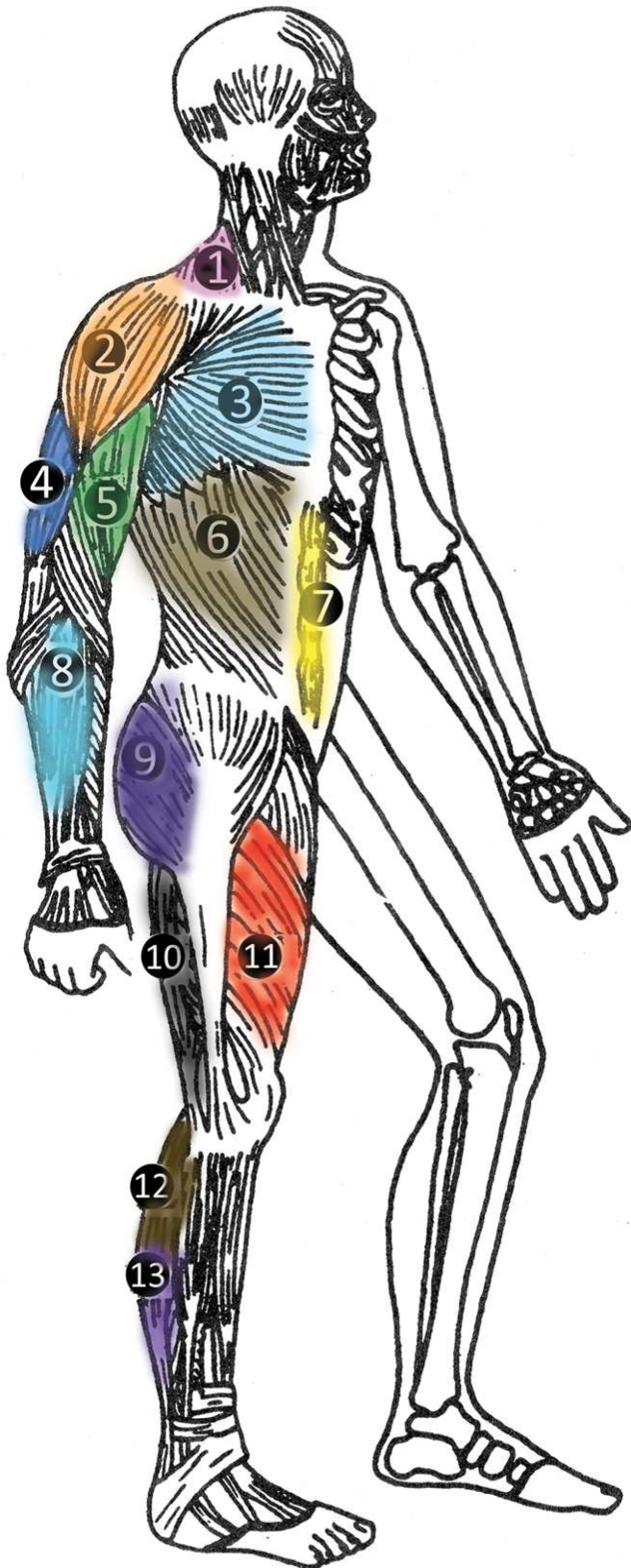


Name: _____

Period: 1 2 3 4 5 6

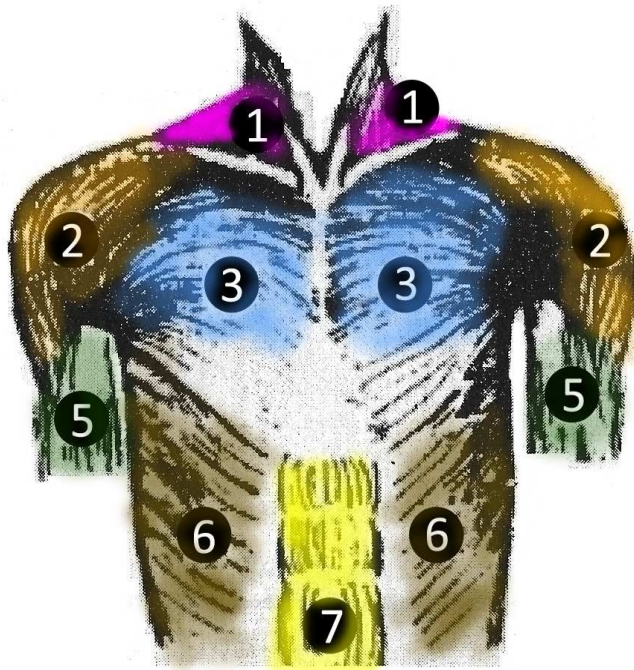


#	Muscle Name	Exercise	Color
1	Trapezius	Shoulder Shrugs	Pink
2	Deltoid	Military Press	orange
3	Pectoralis	Bench Press	light blue
4	Tricep	Bar Dips	blue
5	Bicep	Arm Curls	light green
6	External Oblique	Cross Sit-Ups	light brown
7	Rectus Abdominis	Sit-Ups / Leg Lifts	yellow
8	Extensors	Wrist Curls	turquoise
9	Gluteus Maximus	Back Leg Lifts	purple
10	Hamstring	Back Leg Curls	dark grey
11	Quadricep	Leg Extensions	red
12	gastrocnemius	Heel Raises	brown
13	Soleus	Heel Raises / Toe Rasises	lavender
14	* Latissimus Dorsi	Pull-Ups / Lat. Pull Bar Machine	green

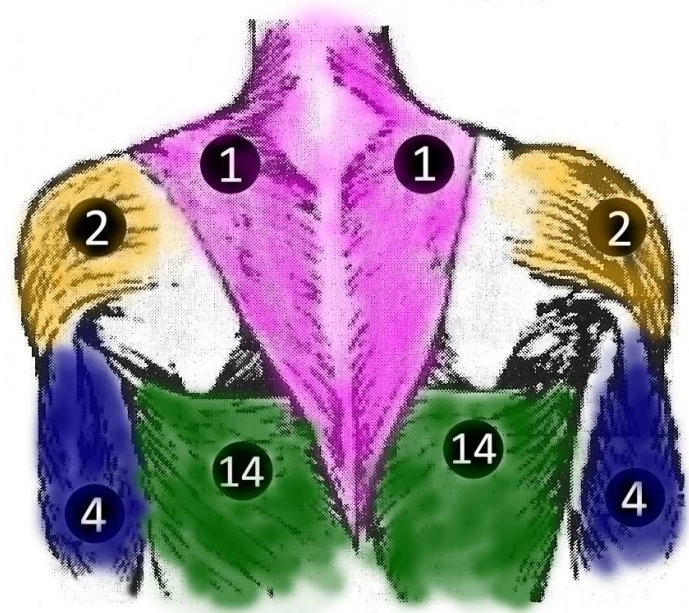
* #14 is not pictured in this view

Directions: Neatly color each muscle the assigned color. Write the muscle name and a possible exercise used to increase that muscle's size and strength. Be sure to color the muscles on both sides of this paper (both sides of the body).

FRONT VIEW



BACK VIEW



#	<u>Muscle Name</u>	<u>Exercise</u>	<u>Color</u>
1	Trapezius	Shoulder Shrugs	Pink
2	Deltoid	Military Press	orange
3	Pectoralis	Bench Press	light blue
5	Bicep	Arm Curls	light green
6	External Oblique	Cross Sit-Ups	light brown
7	Rectus Abdominis	Sit-Ups / Leg Lifts	yellow

#	<u>Muscle Name</u>	<u>Exercise</u>	<u>Color</u>
1	Trapezius	Shoulder Shrugs	Pink
2	Deltoid	Military Press	orange
4	Tricep	Bar Dip	blue
14	Latissimus Dorsi	Pull-Ups / Lat. Pull Bar Machine	green