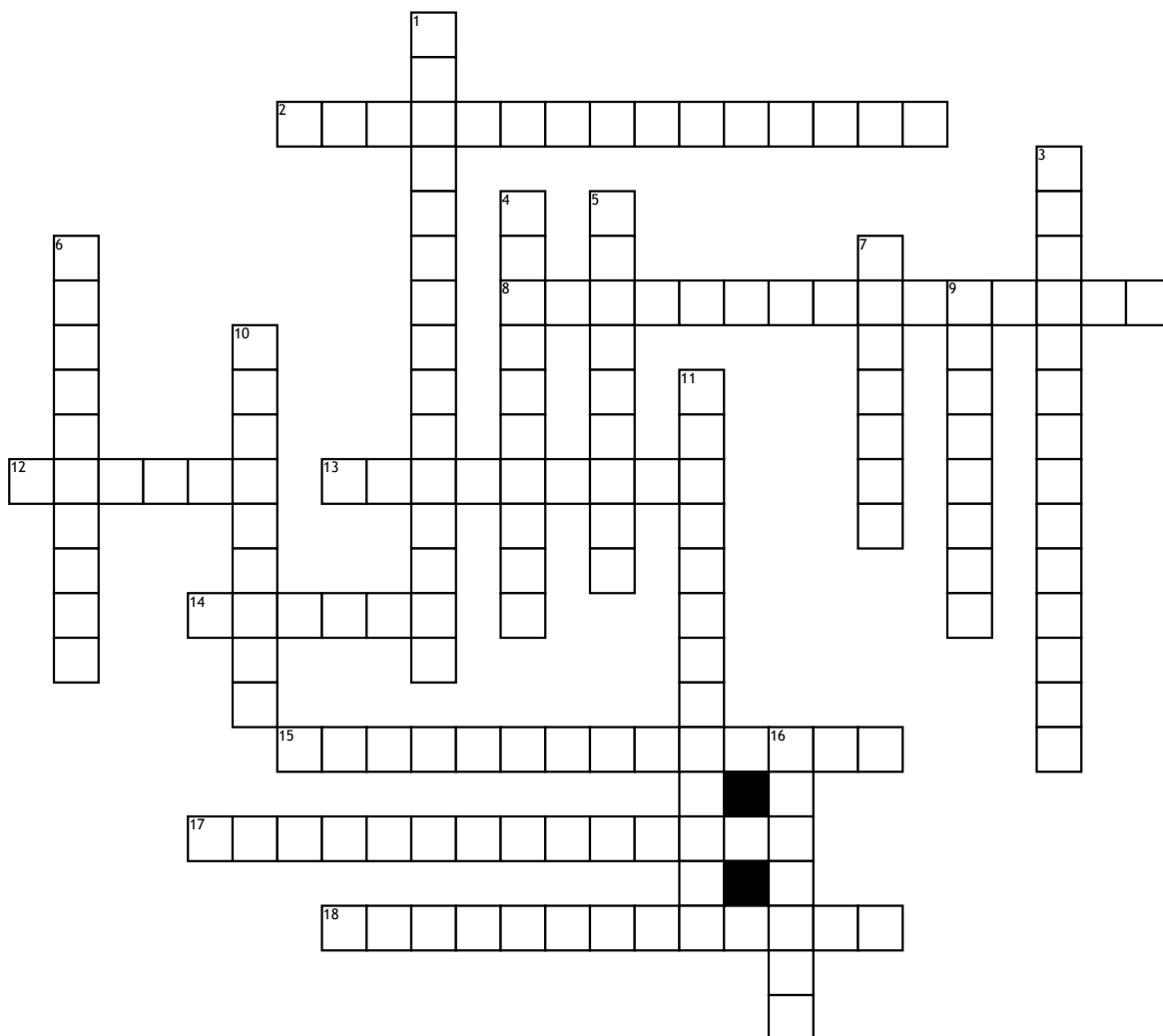


Name: _____

Date: _____

Muscle Test



Across

2. Moves arm across chest

8. Flexes Torso

12. Straightens arm at elbow

13. Pulls legs together

14. Curls arm

15. Attaches calf muscle to heel

17. Muscle Flexes ankle and foot

18. Turns Head

Down

1. Lowers upper arm

3. Extends thigh raises your torso from stooping position

4. Straighten and raises your leg

5. Move legs apart

6. Curls leg at the knee

7. Curls wrist

9. Straightens Hand at wrist.

10. Raises head and shoulders

11. Extends lower foot

16. Raises upper arm