

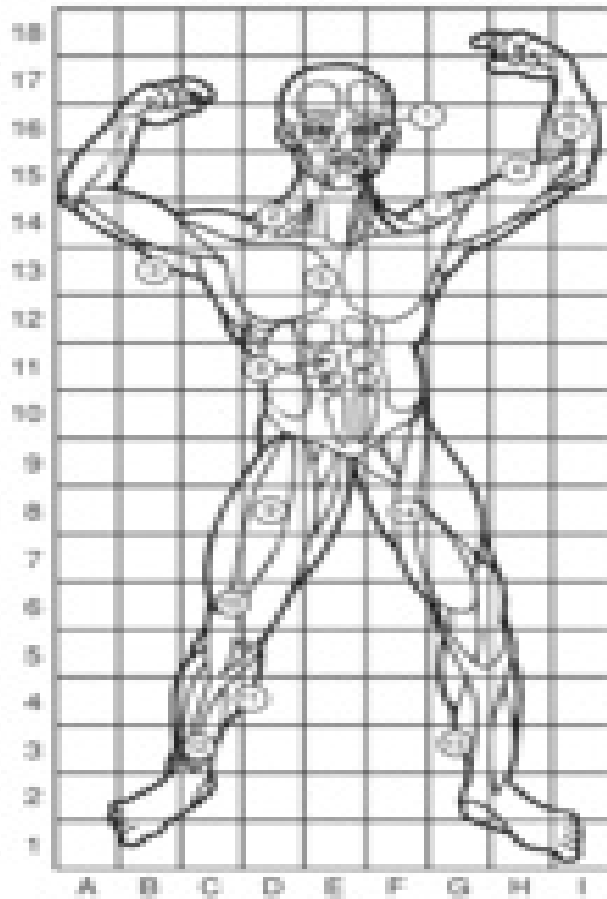
Name _____

Date _____

Movin' to the Muscle Music

Put a little wiggle in your work and move your muscles to the beat! Then identify the location of major muscles in your body by following the directions below.

Directions: Locate each muscle on the coordinate grid. Then write the coordinate pair in the shoe print patterns next to the muscle. The first one has been done for you.



- | | | |
|-----------------------|--------------------------------|---------------------------------|
| 1. Corary muscles | <input type="text" value="F"/> | <input type="text" value="18"/> |
| 2. Trapezius | <input type="text"/> | <input type="text"/> |
| 3. Triceps | <input type="text"/> | <input type="text"/> |
| 4. Biceps | <input type="text"/> | <input type="text"/> |
| 5. Pectoralis major | <input type="text"/> | <input type="text"/> |
| 6. Flexor muscles | <input type="text"/> | <input type="text"/> |
| 7. Deltoid | <input type="text"/> | <input type="text"/> |
| 8. Abdominals | <input type="text"/> | <input type="text"/> |
| 9. Rectus femoris | <input type="text"/> | <input type="text"/> |
| 10. Quadriceps | <input type="text"/> | <input type="text"/> |
| 11. Gastrocnemius | <input type="text"/> | <input type="text"/> |
| 12. Tibialis anterior | <input type="text"/> | <input type="text"/> |
| 13. Soleus | <input type="text"/> | <input type="text"/> |
| 14. Sartorius | <input type="text"/> | <input type="text"/> |



Bonus Box: Muscles help your body move. Think about the location of each muscle above. On the back of this page, write how each muscle helps you move.

