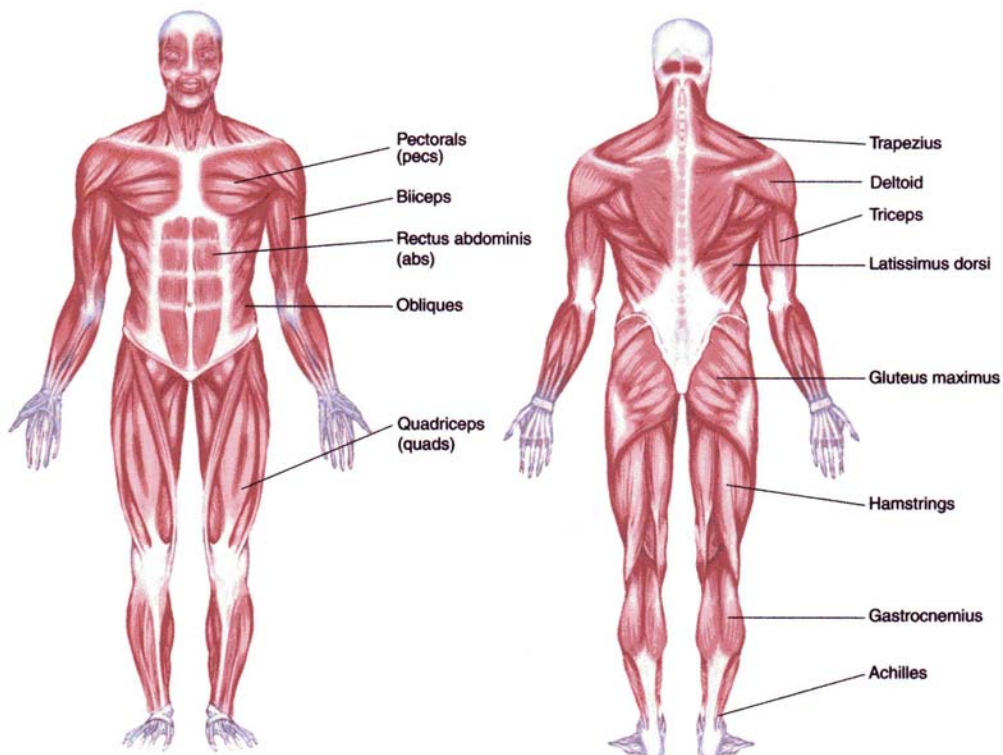


# Labeled Muscle Diagram



Activity 4.6 Labeled Muscle Diagram

From *Physical Best activity guide: Middle and high school levels*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

You need to know:

Upper body: pectorals, trapezius, latissimus dorsi, Biceps, triceps, deltoid

Lower body: Quadriceps, hamstrings, gastrocnemius, gluteus maximus

The core muscles are Rectus abdominis, obliques