

## Instructions

Below is a diagram of the human body. Fill in the blanks by writing the names of the different muscle groups in the spaces provided.

### Muscle Group Diagram

Head & Neck Muscles: \_\_\_\_\_

Shoulder Muscles: \_\_\_\_\_

Chest Muscles: \_\_\_\_\_

Abdominal Muscles: \_\_\_\_\_

Back Muscles: \_\_\_\_\_

Arm Muscles: \_\_\_\_\_

Leg Muscles: \_\_\_\_\_

Calf Muscles: \_\_\_\_\_

### Short Answer Questions

1. Which muscle group is mainly responsible for lifting the arm?

2. What is the function of the abdominal muscles?

3. Name one exercise that targets the chest muscles.

4. Why is it important to strengthen back muscles?