

NAME: \_\_\_\_\_ TEACHER: \_\_\_\_\_ DATE: \_\_\_\_\_

1. For each muscle group (in the center column) find its location (from the left-hand column) and write the number in the space.
2. Next, in the right-hand column, circle it if this muscle group is a flexor (decreases the angle of the joint) or an extensor (increases the angle of the joint).

Location	Muscle Group	Function	
1. Front of thigh	Abdominals _____	Flexor	Extensor
2. Chest	Quadriceps _____	Flexor	Extensor
3. Back of thigh	Hamstrings _____	Flexor	Extensor
4. Back	Pectoralis Major _____	Flexor	Extensor
5. Front of upper arm	Triceps _____	Flexor	Extensor
6. Back of upper arm	Latissimus Dorsi _____		
7. Trunk	Biceps _____	Flexor	Extensor