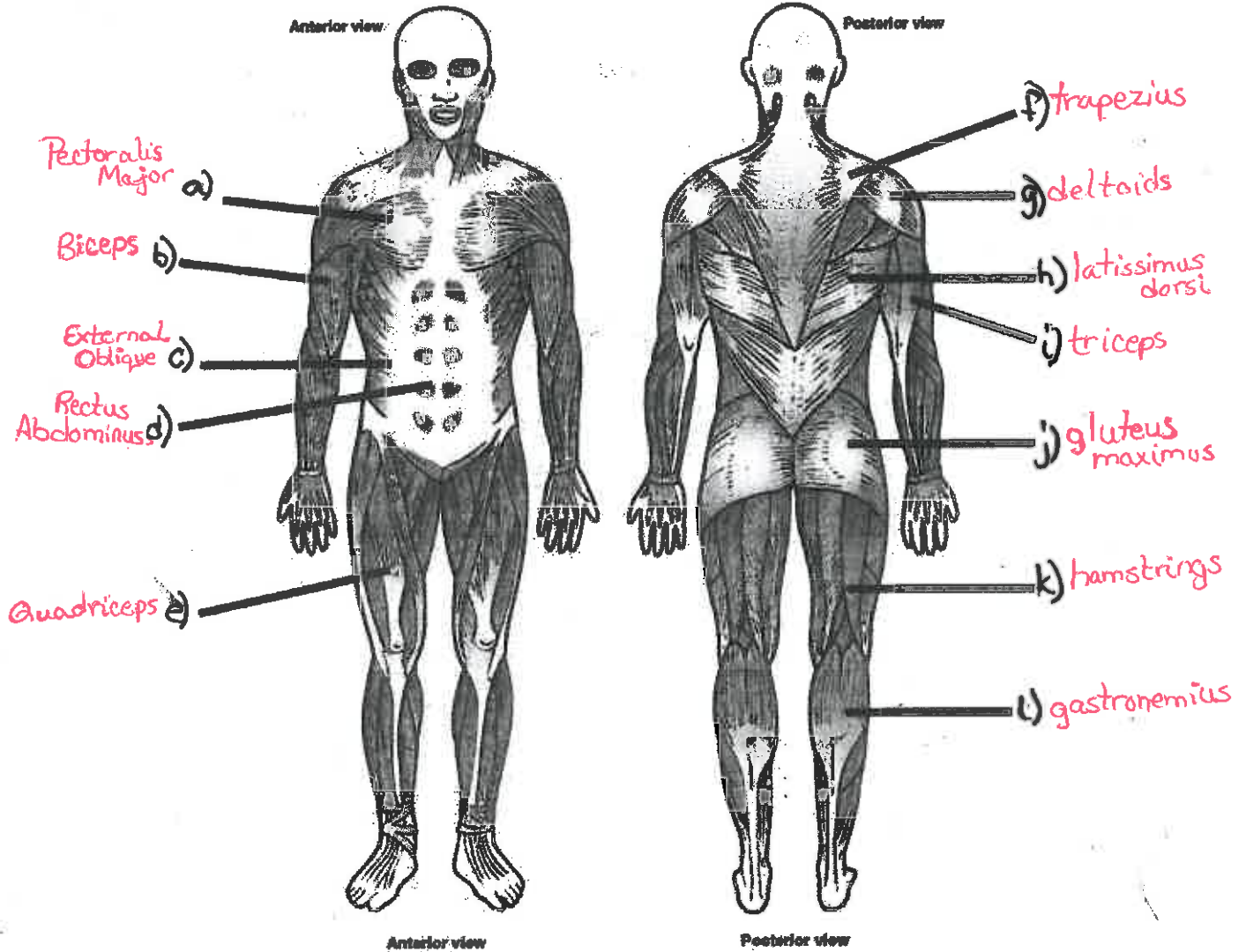


Worksheet – Major Muscles

Label these diagrams to show that you are able to identify the major muscles of the human body.



Names of missing muscle labels

Pectoralis Major	Trapezius	Gastrocnemius	
Hamstrings	Quadriceps	Rectus Abdominus	External Oblique
Biceps	Triceps	Deltoids	Gluteus Maximus

. Use these letters to identify the kind of muscle action used in each activity listed below:

V = voluntary muscle **IV** = involuntary muscle

- | | | |
|----------------------------|-------------------------------|---------------------------|
| a. lifting <u> V </u> | d. breathing <u> IV/V </u> | g. whistling <u> V </u> |
| b. digestion <u> IV </u> | e. swallowing <u> IV/V </u> | h. climbing <u> V </u> |
| c. running <u> V </u> | f. singing <u> V </u> | i. choking <u> IV </u> |