

## 4<sup>th</sup> Grade Study Guide

Need to be able to label 11 muscles on the chart

Need to be able to match an exercise with 5 different muscles. You do not need to know more than one exercise per muscle, but there are multiple answers for each

Examples are below

Heart-Jumping Jacks, Jump Rope, Running, Skipping

Abdominals-Sit ups, V Sit, Reverse Curl ups, Plank

Gastrocnemius- Calf Raises, Tip Toe

Latissimus Dorsi – Superman, Overhead Butterfly

Triceps-Tricep Extension, French Curls, Crab Pushups

Biceps-Bicep Curls, Hammer Curls

Hamstrings-Sit and Reach Stretch, Bear Walk

Obliques-Twists, Side Crunches

Deltoids-Arm Raises, Arm Circles

Quadriceps-Squats, Kicks in the Air, Leg Press, Wall Sit

Pectorals-Push ups, Bench Press

Trapezius-Shoulder Shrugs, Pull Aways

Ligaments connect Bones to Bones

Tendons connect Muscles to Bones

The most important muscle in your body is your Heart!

