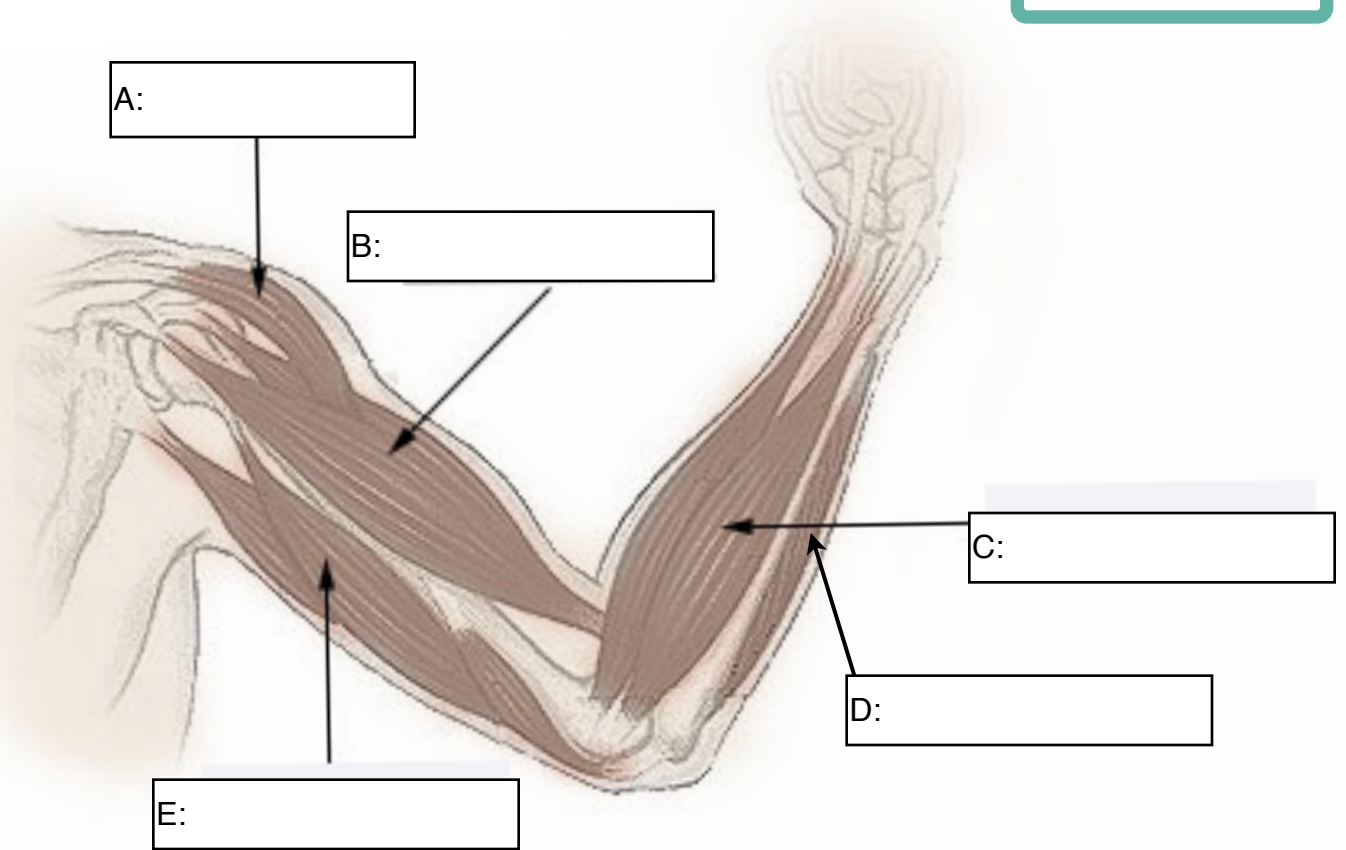




# Muscle Memory

## Arm



FACT: The biceps brachii is a two headed muscle which connects the shoulder blade and the upper arm to the elbow.



# Awesome Anatomy Muscles of the Arm Instructions

## Day 1 (Minimum Requirement)

Use a pencil and Label the different muscles of the arm. Be sure to write neatly and spell each area correctly.

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## Day 2 (Minimum Requirement)

Match the *action* with the **MUSCLE** that causes that movement.

**FOREARM FLEXORS**

**FOREARM EXTENSORS**

**TRICEPS BRACHII**

**BICEPS BRACHII**

*Bend the Arm*

*Straighten the Arm*

*Bend the Wrist  
Inward*

*Bend the Wrist  
Outward*