



Muscle Memory

Chest and Stomach

- A. Trapezius
- B. Sternocleidomastoideus
- C. Deltoid
- D. Pectorals
- E. Obliques
- F. Rectus Abdominis

FACT: The abdominal muscles, together with muscles in the back, make up your 'core' muscles and help keep your body stable and balanced.



B:

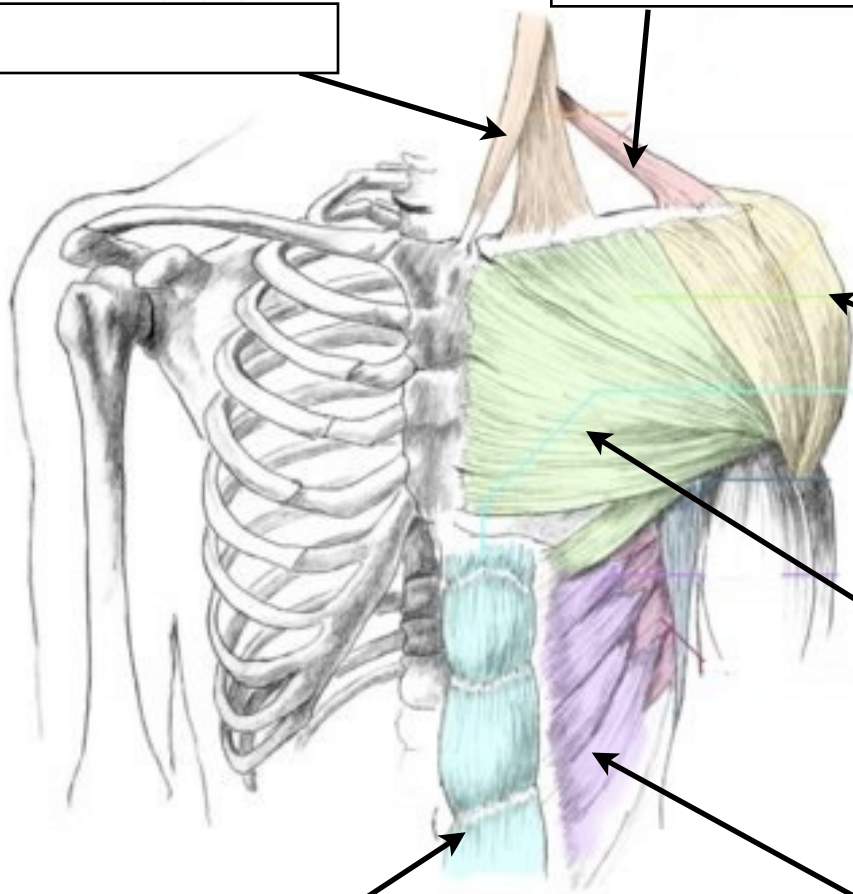
A:

C:

D:

E:

F:



Awesome Anatomy Muscles of the Chest/Stomach Instructions

Day 1 (Minimum Requirement)

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

Day 2 (Minimum Requirement)

What is the primary function of the Abdominal Muscles? What is the primary function of the Pectoral Muscles?
