

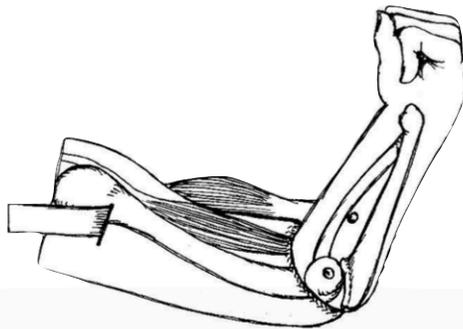
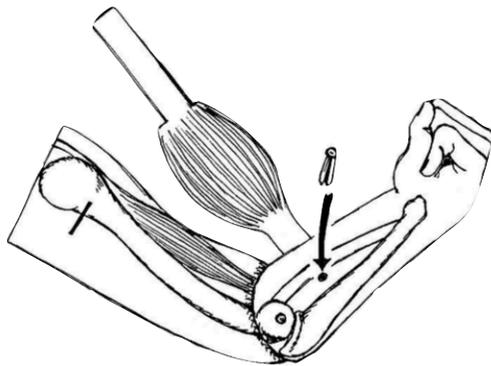
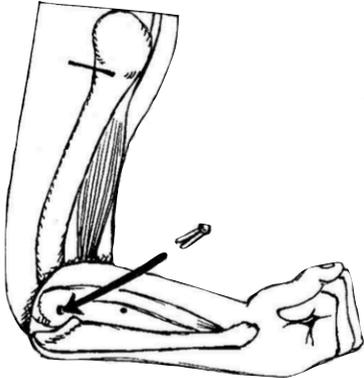
# #HPEATHOME CRAFTS

NAME: \_\_\_\_\_

TEACHER: \_\_\_\_\_

USE THE INSTRUCTIONS AND TEMPLATE BELOW TO CREATE A WORKING MODEL OF YOUR BICEPS MUSCLE.

## MAKE A WORKING ARM MUSCLE



## INSTRUCTIONS:

1. Color in, and then cut out the three pieces along the solid black lines
2. Cut open the slit along the solid black line of the upper arm piece. Punch holes at the four black dots using the tip of the scissors or the fasteners.
3. Set the two arm pieces at right angles to each other with the lower arm on top. Feed one fastener through the lower arm's end hole and the upper arm's hole, as shown.
4. Set the muscle piece behind the arm pieces. Match up its hole to the other hole of the lower arm and feed the second fastener through. Fold back the fastener's ends.
5. Slide the end of the muscle labeled **PULL** through the slit so it can be pulled from the front of the model.
6. Pull the tab to see what happens when you flex your bicep muscle and get Squirrel Strong!

## SUPPLIES:

Paper Arm Muscle Attached

Metal Fasteners (2)

# Muscle Maker

