

**Muscles of the Body****Matching**

- |  |                            |
|--|----------------------------|
| a. wrist flexors                           | g. flexes the lumbar spine |
| b. trapezius                               | h. external oblique's      |
| c. deltoid                                 | i. gluteus maximus         |
| d. biceps brachii                          | j. abductors               |
| e. triceps brachii                         | k. adductors               |
| f. flexes, extends and rotates the humerus | l. soleus                  |

- \_\_\_ 1. downward movement of the toes
- \_\_\_ 2. the inner part of the thigh which pulls the legs together
- \_\_\_ 3. external rotation and extension of the hip joint and supports the extended knee
- \_\_\_ 4. extends the forearm
- \_\_\_ 5. rotates the torso
- \_\_\_ 6. moves, rotates, and stabilizes the shoulder blade and extends the head and neck
- \_\_\_ 7. the outer part of the thigh which pulls the legs apart
- \_\_\_ 8. flexes and abducts the wrist
- \_\_\_ 9. rectus abdominus
- \_\_\_ 10. extends, abducts, and flexes the shoulder
- \_\_\_ 11. Pectoralis major
- \_\_\_ 12. flexes the elbow

L 1.

K 2.

I 3.

E 4.

H 5.

B 6.

J 7.

A 8.

G 9.

C 10.

F 11.

D 12.