



1. What do all the muscles shown in the transparency have in common?
2. Using the picture above, determine what movement occurs when the deltoid muscle contracts.
3. If you are sitting and want to raise your lower leg so that your entire leg is straight, what muscle must your brain order to contract?
4. If you want to bend your foot upward from the ankle, what muscle must you contract?
5. If you were to bend your elbow in order to touch your shoulder, what arm muscle would contract?
6. Which abdominal muscles help you to do a sit-up?