**Muscles for the Semester**

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| **Week**  | **Muscle** |
| **1** | **Biceps brachii** |
| **2** | **Triceps** |
| **3** | **Gastrocnemius ( Calf)** |
| **4** | **Quadriceps femoris** |
| **5** | **Biceps Femoris( Hamstring)** |
| **6** | **Rectus Abdominus** |
| **7** | **Obliques** |
| **8** | **Latissimus Dorsi** |
| **9** | **Trapezius**  |
| **10** | **Pectoralis Major and Minor** |
| **11** | **Deltoids** |
| **12** | **Gluteus Maximus** |
| **13** | **Soleus & Calcaneal**  |
| **14** | **Tibialis anterior** |
| **15** | **Brachioradialis & extensor Digitorum**  |
| **16** | **Masseter ( Chewing)** |
| **17** | **Zygomaticus ( Smiling)** |
| **18** | **Heart** |

1. **What is the definition of the muscle?**
2. **Where is it located?**
3. **What is the purpose of the muscle?**
4. **If you hurt this muscle, what is the recovery time.**
5. **Draw a picture of the muscle.**

**Name**

**Date**

**Period**

**Teacher**

**Homework**

1. **Muscle: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **Draw a picture**

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1. **What is the definition of the muscle?**
2. **Where is it located?**
3. **What is the purpose of muscle?**
4. **If you hurt this muscle, what is the recovery time.**