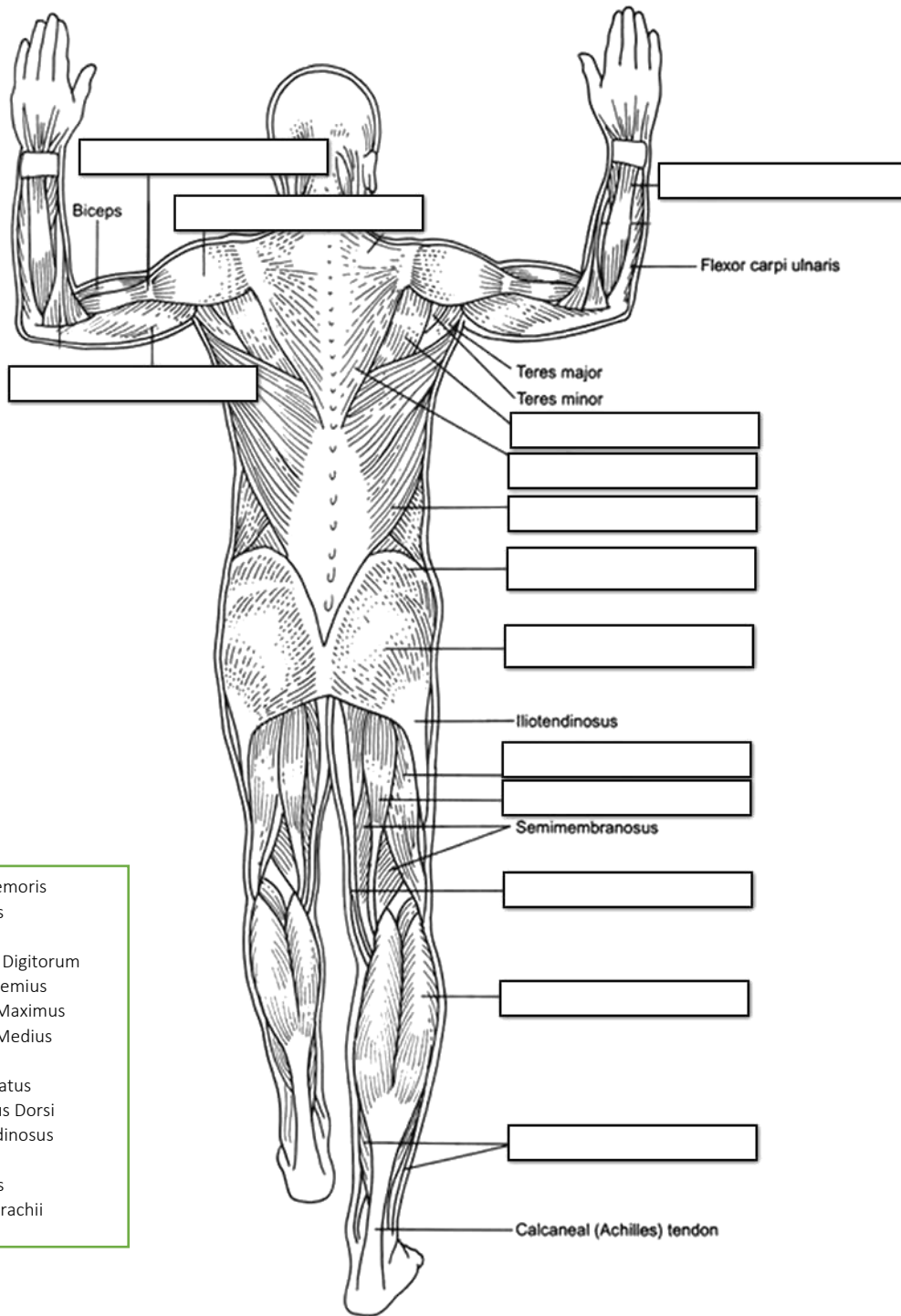
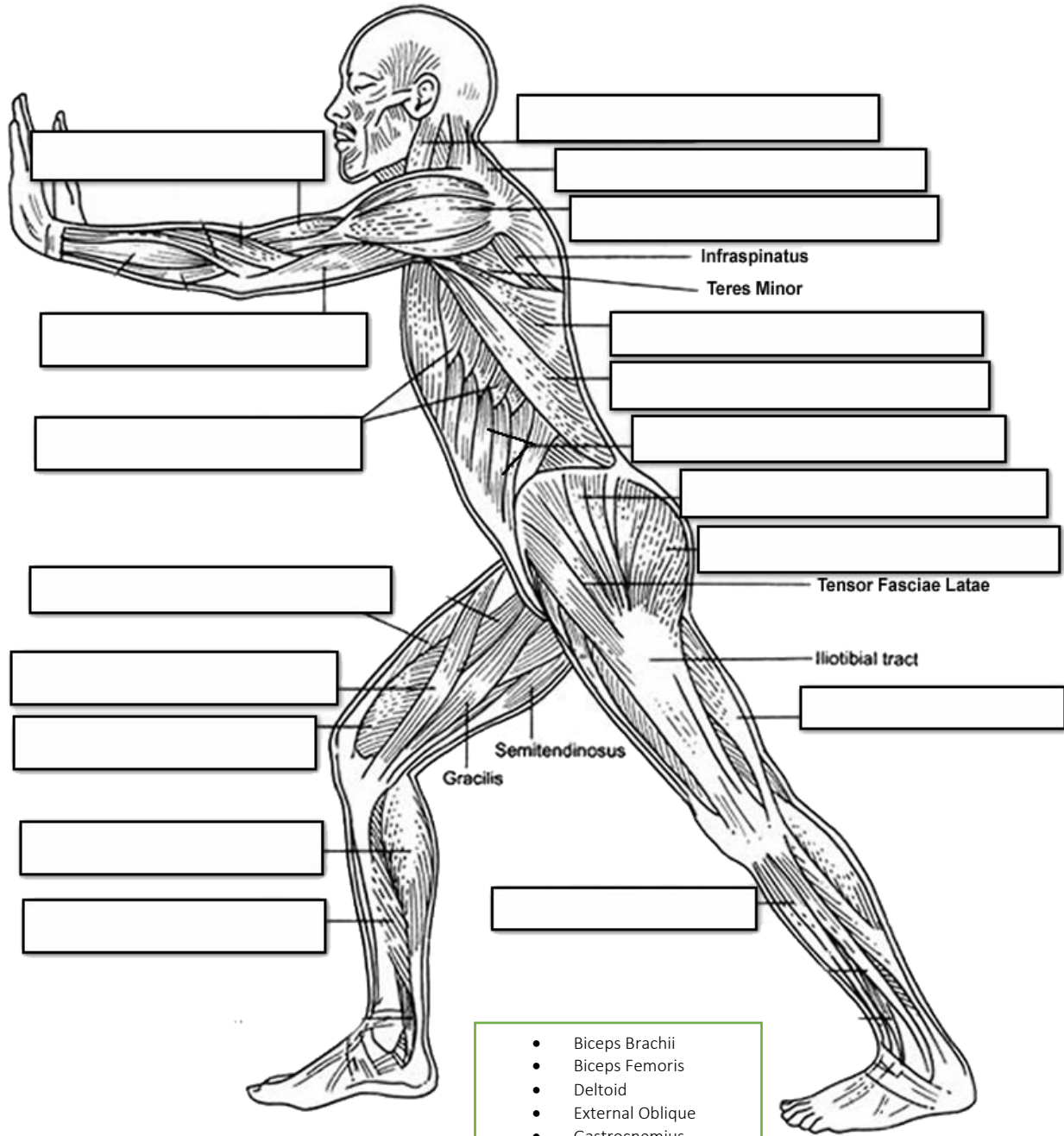


3 – Muscular System



- Biceps Femoris
- Brachialis
- Deltoid
- Extensor Digitorum
- Gastrocnemius
- Gluteus Maximus
- Gluteus Medius
- Gracilis
- Infraspinatus
- Latissimus Dorsi
- Semitendinosus
- Soleus
- Trapezius
- Triceps Brachii



- Biceps Brachii
- Biceps Femoris
- Deltoid
- External Oblique
- Gastrocnemius
- Gluteus Maximus
- Gluteus Medius
- Latissimus Dorsi
- Rectus Femoris
- Sartorius
- Serratus Anterior
- Soleus
- Sternocleidomastoid
- Teres Major
- Tibialis Anterior
- Trapezius
- Triceps Brachii
- Vastus Medialis

Name & Explain (all) 3 Types of Muscle **Contraction**:

1. Name: _____ Explained: _____

2. Name: _____ Explained: _____

3. Name: _____ Explained: _____

Name & Explain 3 Types of Muscle **Actions** (there are 14 in total, just explain 3 of them):

4. Name: _____ Explained: _____

5. Name: _____ Explained: _____

6. Name: _____ Explained: _____