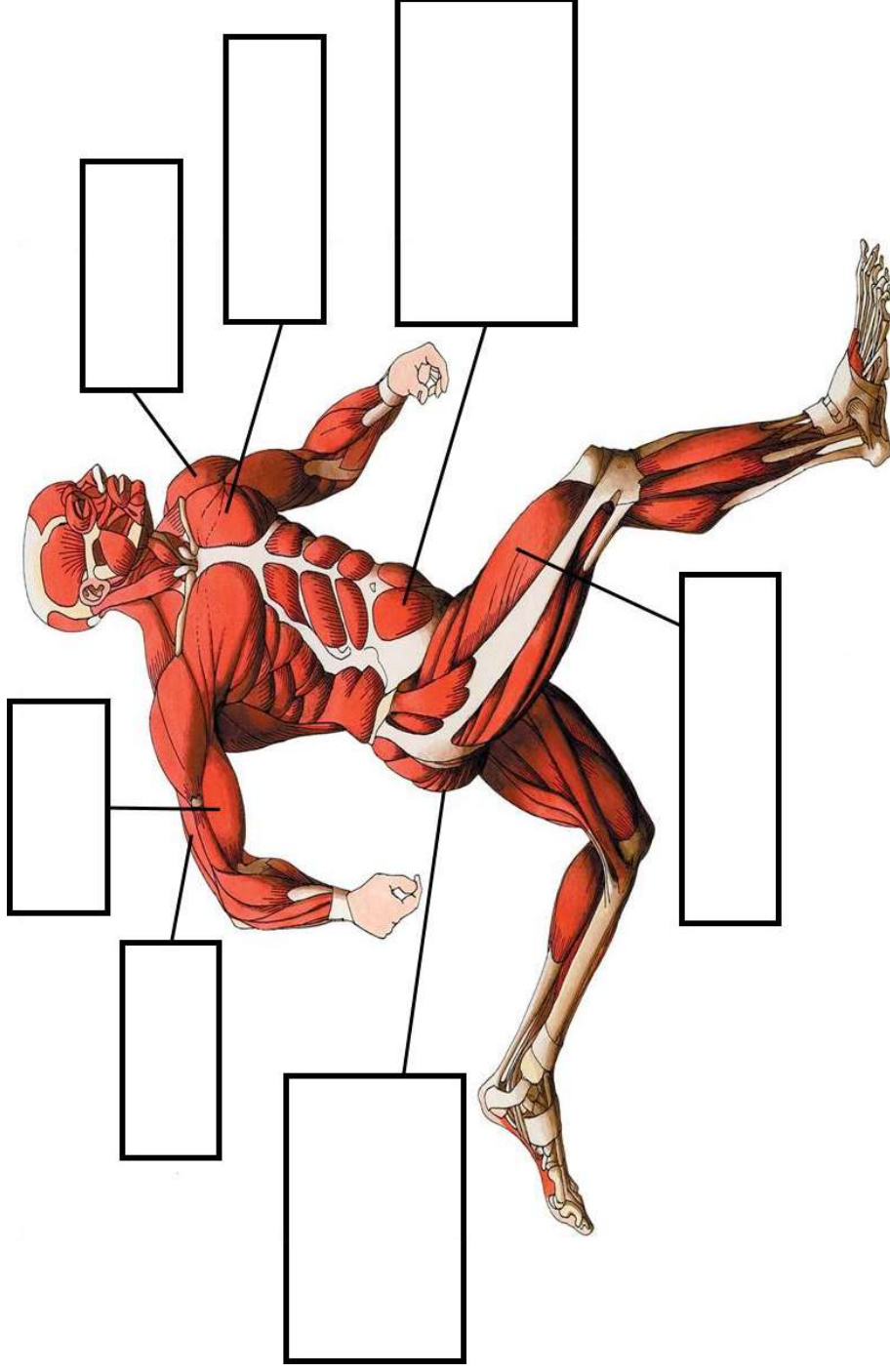


Main Muscles of the Body Worksheet

Label the diagram below. Use the word bank to help.



gluteus maximus

triceps

pectorals

deltoid

quadriceps

biceps

rectus abdominis

Muscles Quiz Worksheet

1. What are the 3 major types of muscle in the body? _____
2. What attaches muscles to bones? _____
3. What are the functions of skeletal muscles? _____

4. What is an involuntary muscle? _____

5. Which type of muscle is found in the digestive system? _____
6. Which muscle pumps blood through the body? _____
7. Which is the largest muscle? _____
8. Which muscles are found on each side of the chest? _____
9. Which two muscles, found in the upper arm, work in opposite pairs? _____
10. What happens to your biceps when you bend your arm? _____