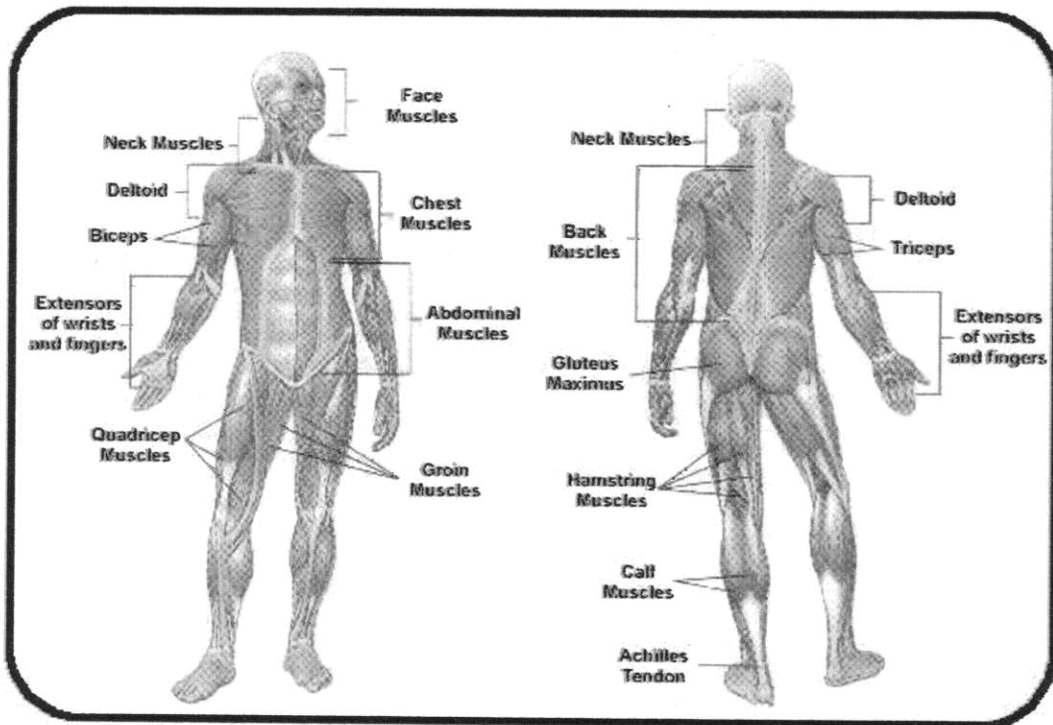


Activity 3: Learning Major Muscles and Their Actions



Locate the major muscle groups listed below and color them different colors.

Abdominals

Gluteals

Hamstrings

Quadriceps Femoris

Do the following activities and list at least 3 major muscles involved in each.

Walking

Crunches/Sit-Ups

Push-Ups