

Name:

Date:

Muscle

1.

Where is the deltoid muscle located?

- a. shoulder
- b. front of arm
- c. back of arm
- d. back

2.

Where is the triceps muscle located?

- a. shoulder
- b. stomach
- c. back of arm
- d. back of thigh

3.

Where are the gluteal muscles located?

- a. back of thigh
- b. hip and buttocks
- c. front of arm
- d. chest

4.

Where are the trapezius and rhomboid muscles located?

- a. shoulder
- b. hip and buttocks
- c. stomach
- d. back

5.

Where are the gastrocnemius and soleus muscles located?

- a. calf
- b. hip and buttocks
- c. front of thigh
- d. back of thigh

6.

The large muscle group located in the front of your upper leg is called:

- a. Deltoids
- b. Biceps
- c. Quadriceps
- d. Gastrocnemius

7.

Where are the pectoral muscles located?

- a. calf
- b. chest
- c. shoulder
- d. front of thigh

8.

The large muscle group located on the back part of your upper leg is called:

- a. Hamstrings
- b. Trapezius
- c. Latissimus Dorsi
- d. Quadriceps

9.

Where are the abdominal muscles located?

- a. back
- b. hip and buttocks
- c. belly
- d. front of arm

10.

Where is the biceps muscle located?

- a. back of thigh
- b. front of arm
- c. back of arm
- d. shoulder