

Name _____

Interactive Muscle Assignment

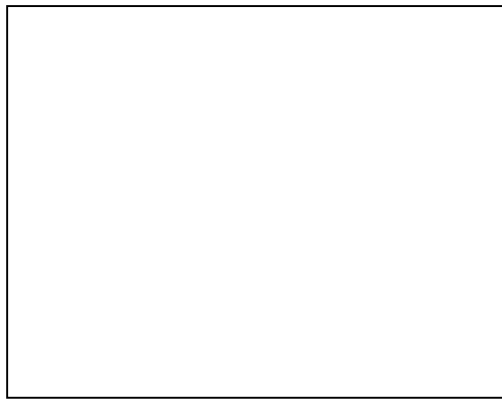
Go to lake eagles.com. Go to the pull down menu for Academics – Departments – PE, Health , Dr. Ed. Click on the Freshmen tab. Select Links – Interactive Muscle Chart. You will select 3 muscle groups to work. You will then select 2 different exercises to work that muscle group and describe the exercise and draw stick figures that show the exercises.

Muscle Group 1 _____

Exercise 1 _____

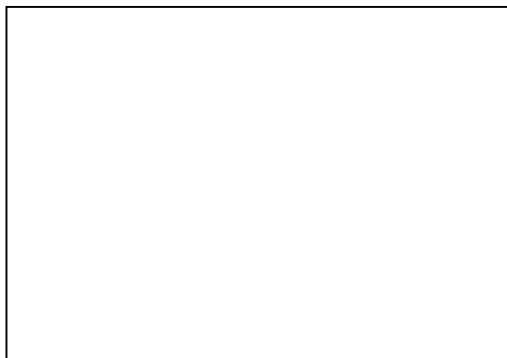
Step 1 _____

Picture



Step 2 _____

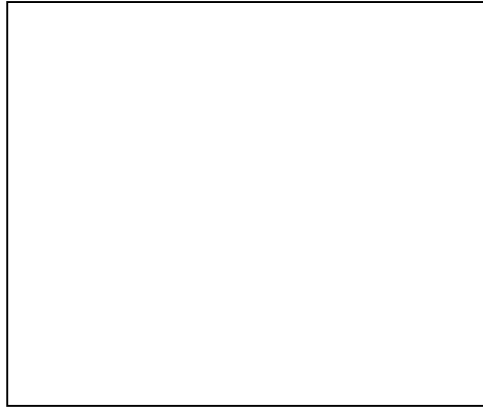
Picture



Name _____

Step 3 _____

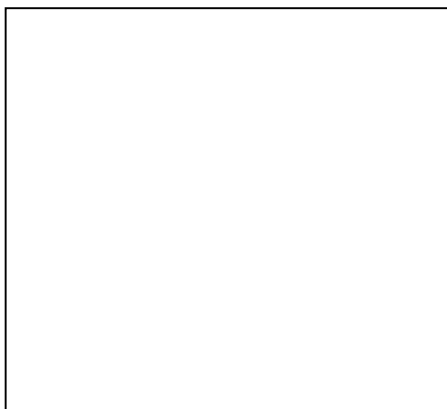
Picture



Exercise 2 _____

Step 1 _____

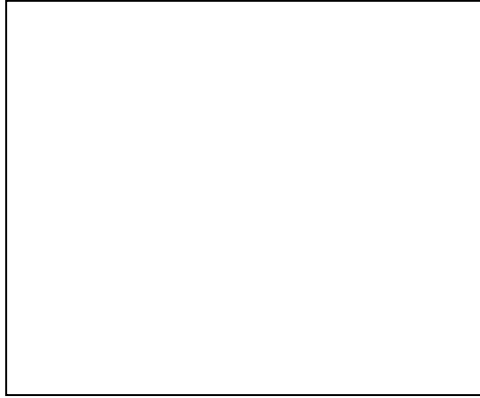
Picture



Step 2 _____

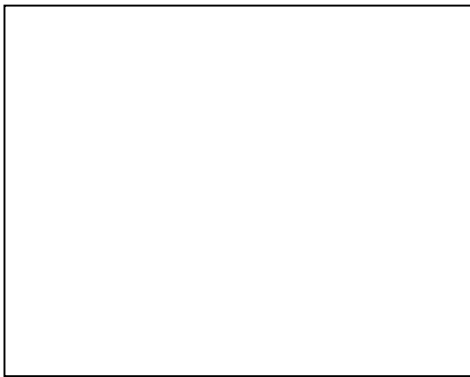
Name _____

Picture



Step 3

Picture



Muscle Group 2

Exercise 1

Step 1

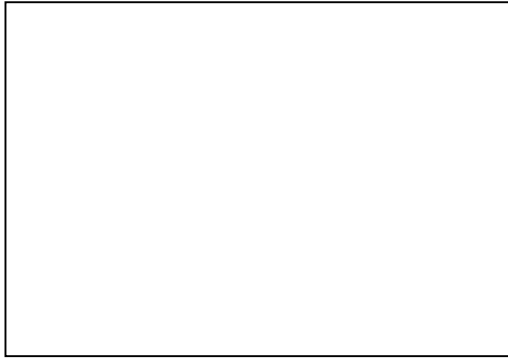
Picture



Name _____

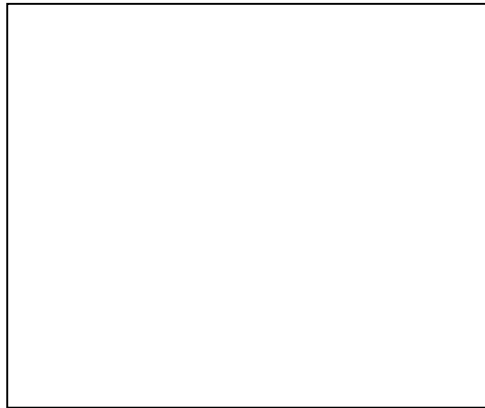
Step 2 _____

Picture



Step 3 _____

Picture

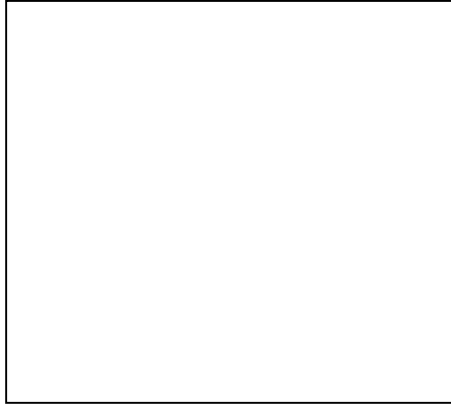


Exercise 2 _____

Step 1 _____

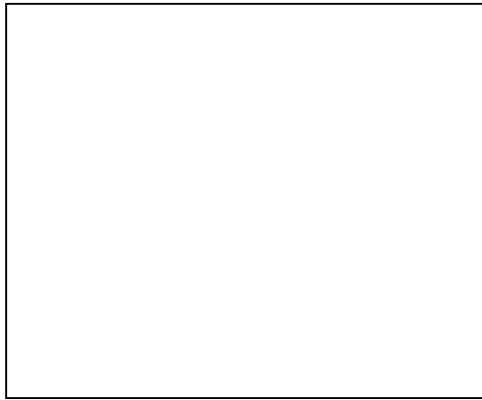
Name _____

Picture



Step 2

Picture



Step 3

Picture



Name _____

Muscle Group 3 _____

Exercise 1 _____

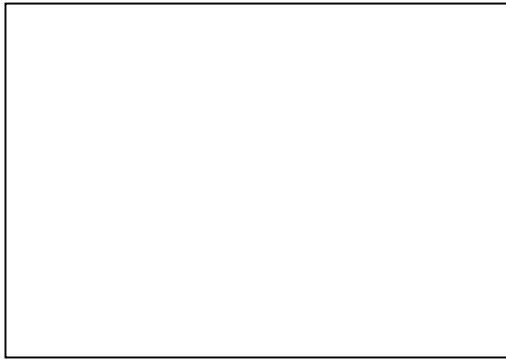
Step 1 _____

Picture



Step 2 _____

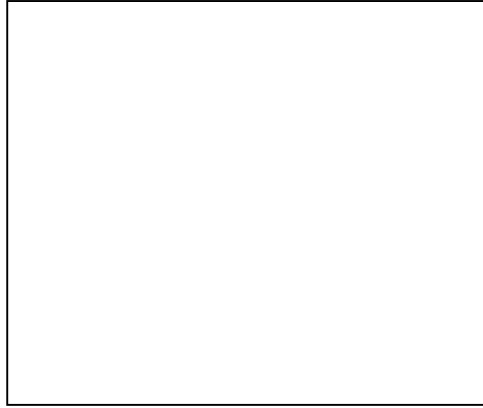
Picture



Step 3 _____

Name _____

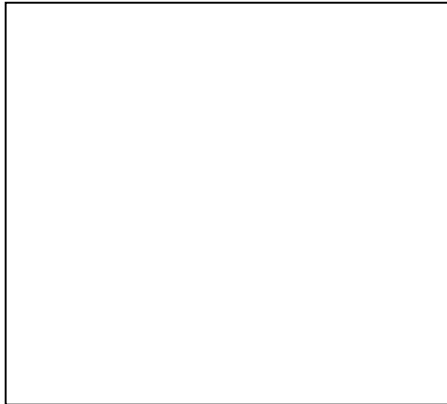
Picture



Exercise 2

Step 1

Picture



Step 2

Picture



Name _____

Step 3 _____

Picture



Why did you choose these muscle groups? _____

Which exercise would be the most difficult for you to do? Why? _____

Which muscle group would you most like to work on? Why? _____
