

Name: _____

Date: _____

Quiz 1 Muscles

1. where do muscles receive the ability to move? A. deltoid
2. moving the body towards the mid-line B. bicep
3. moving the body part away C. lats
4. this muscle is used for all side body lifting motions D. dehydration
5. this muscle helps control the motion of both the shoulder and elbow joints E. nervous system
6. when a muscle cramps this is usually do to what reason F. obliques
7. helps protect the inner organs G. adduction
8. helps assist in twisting motions H. hamstring
9. helps in pulling movements I. abdominals
10. helps with bending your knees J. abduction