Muscles & Your Body

This picture shows some important muscles in your body that you use every day. Color each one a different color.

- deltoid (shoulder)
- triceps (back of arm)
- pectoralis major (chest)
- biceps (front of arm)
- rectus abdominis (stomach or "abs")
- quadriceps (front of thigh)
- gastrocnemius (back of calf or lower leg)

Draw pictures of some of your favorite activities that you use these muscles for.
Here are some ideas: running, kicking a ball, throwing a frisbee, and swimming.