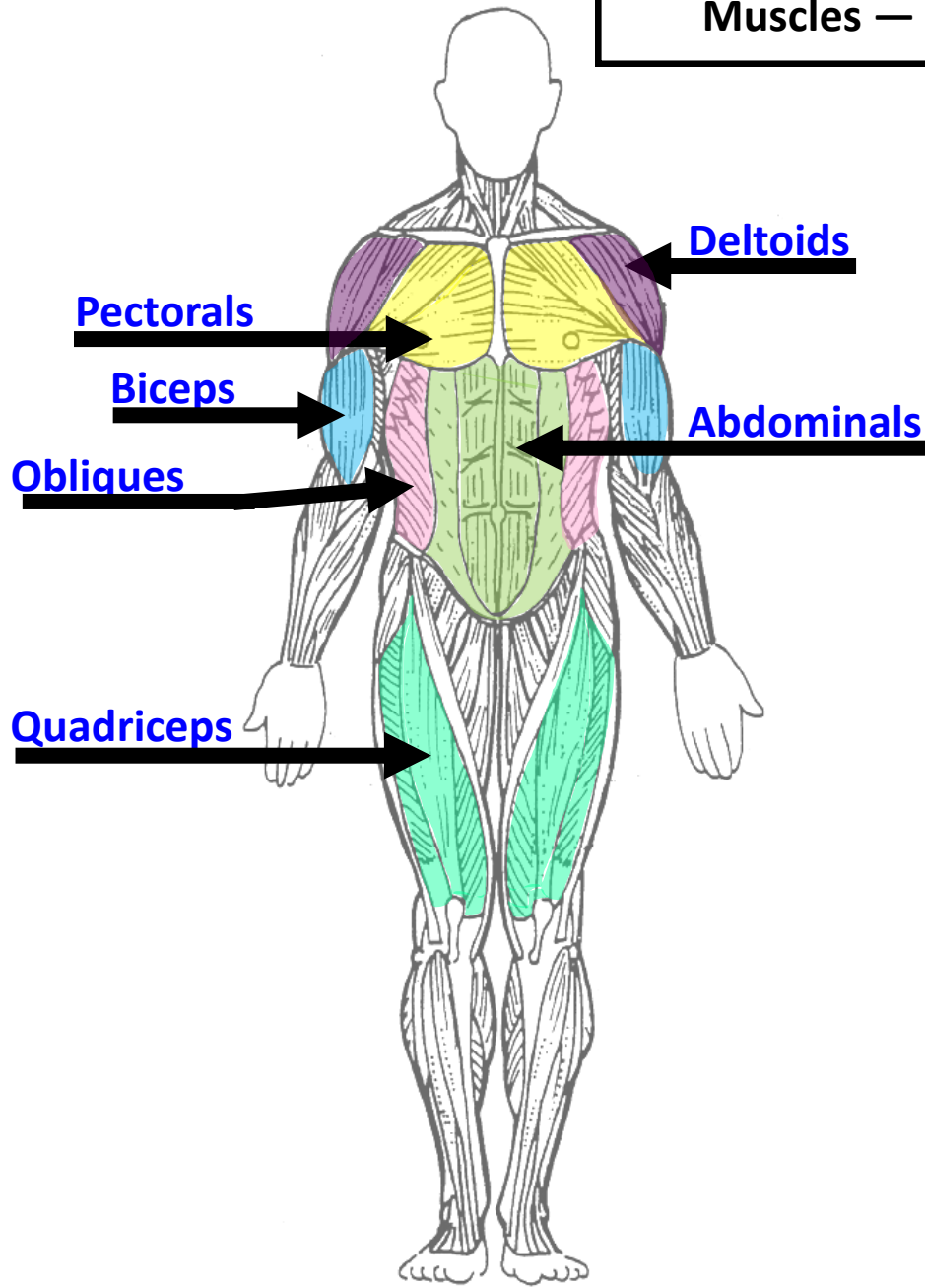
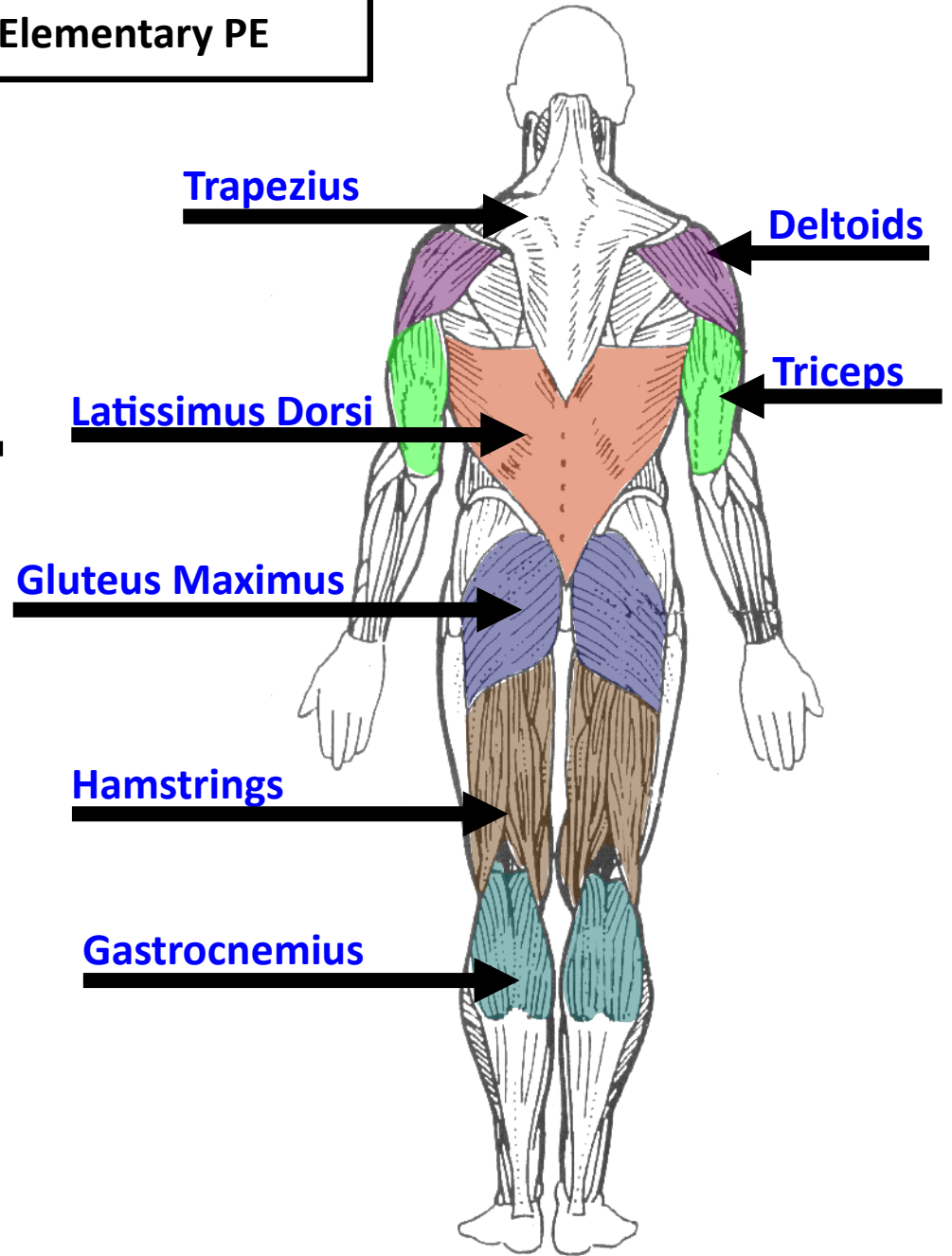


4<sup>th</sup>—6<sup>th</sup> Grade Study Guide

Muscles — Elementary PE



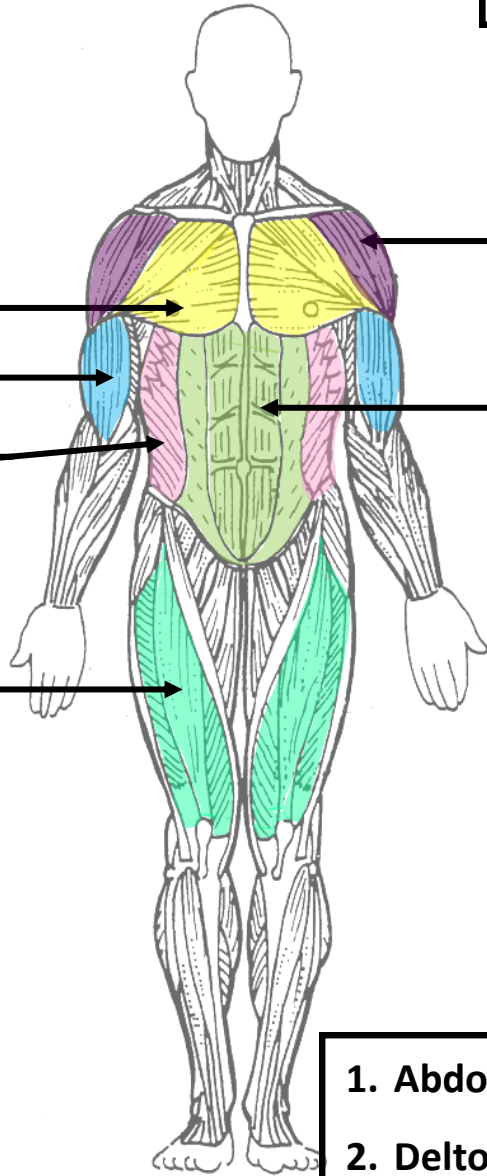
(front)



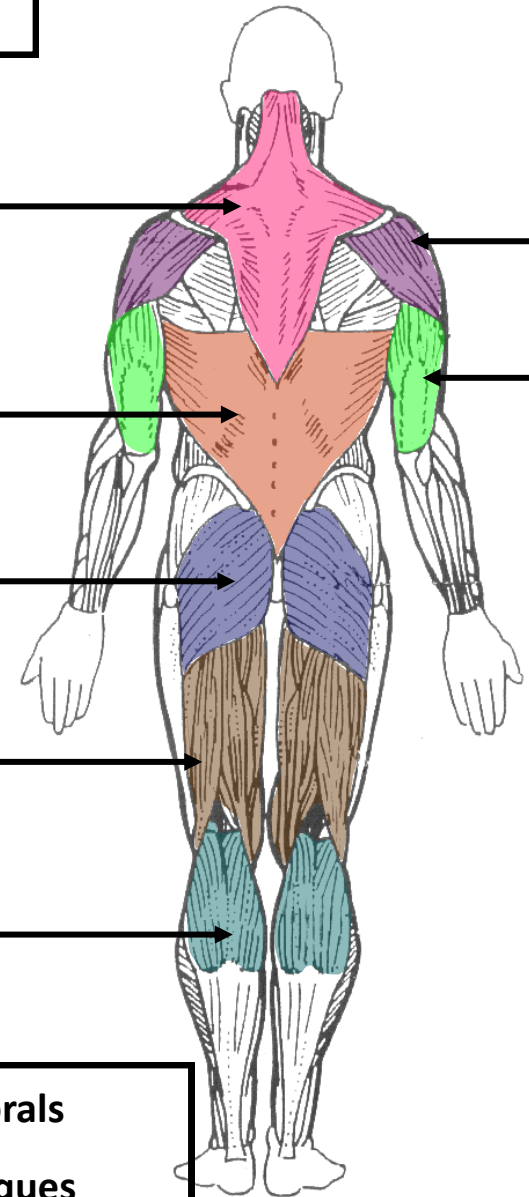
(back)

# 4<sup>th</sup>—6<sup>th</sup> Grade Study Guide

## Muscles — Elementary PE



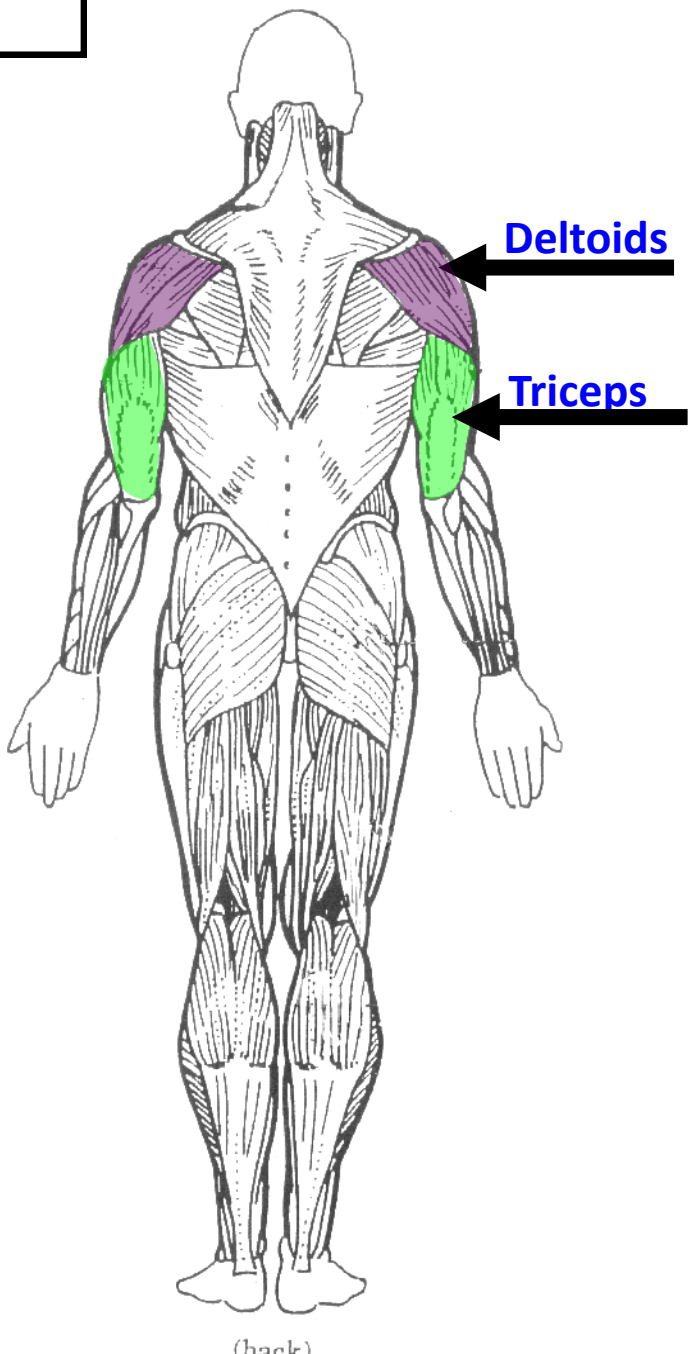
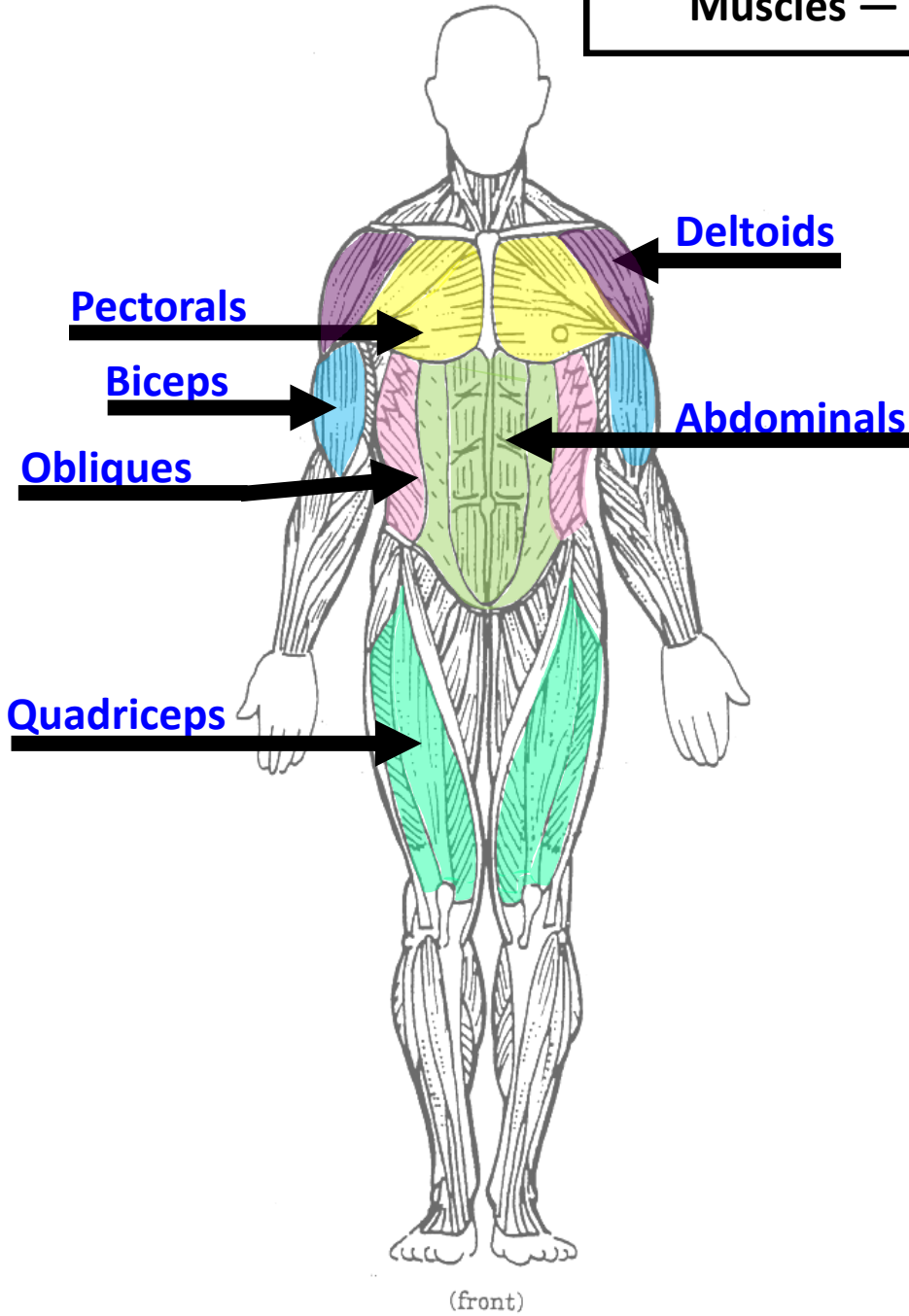
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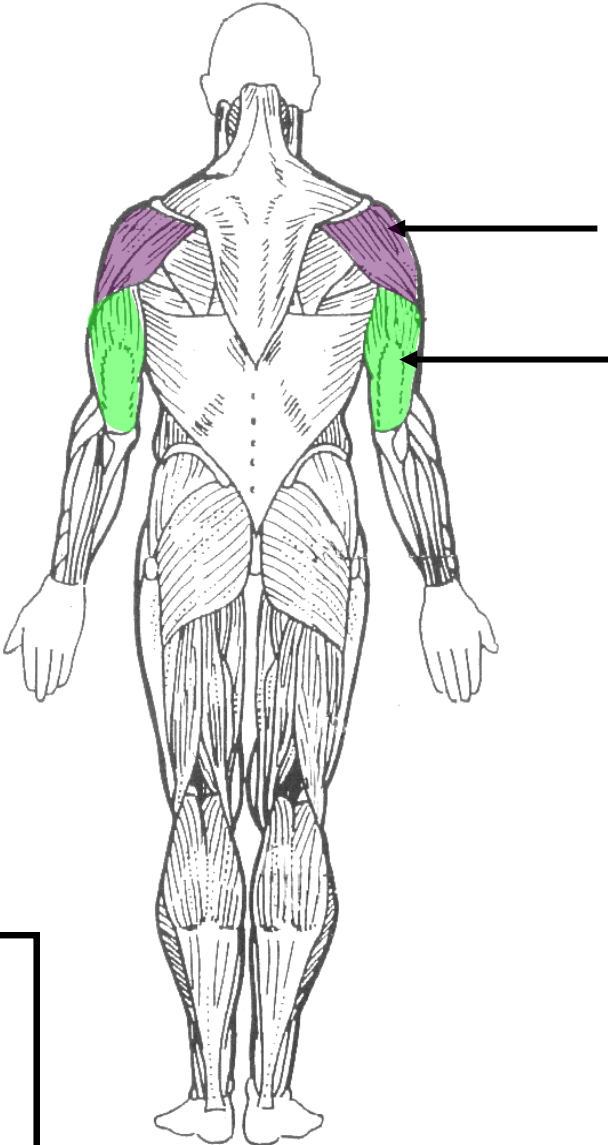
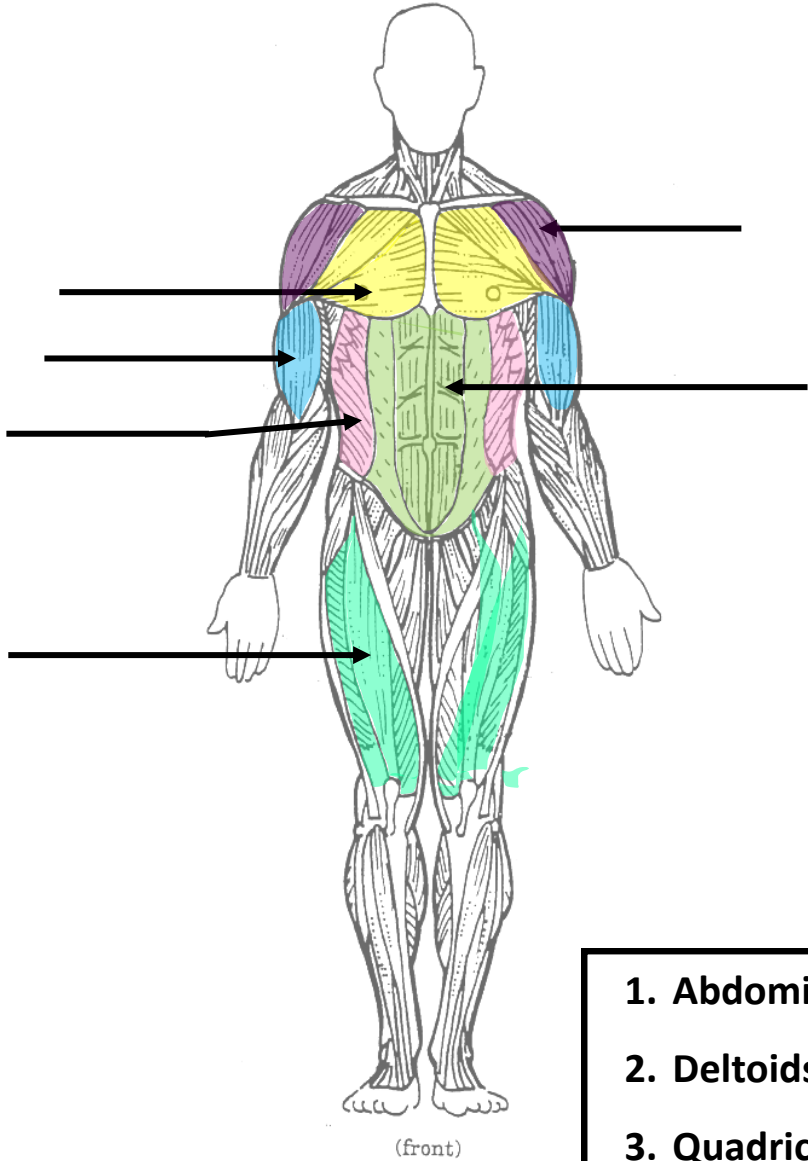
(back)

- |               |                     |                   |
|---------------|---------------------|-------------------|
| 1. Abdominals | 5. Gluteus Maximus  | 9. Pectorals      |
| 2. Deltoids   | 6. Biceps           | 10. Obliques      |
| 3. Quadriceps | 7. Latissimus Dorsi | 11. Gastrocnemius |
| 4. Triceps    | 8. Trapezius        | 12. Hamstrings    |

**3<sup>rd</sup> Grade Study Guide**  
**Muscles — Elementary PE**



**3<sup>rd</sup> Grade Study Guide**  
**Muscles — Elementary PE**



- |                      |                     |
|----------------------|---------------------|
| <b>1. Abdominals</b> | <b>5. Pectorals</b> |
| <b>2. Deltoids</b>   | <b>6. Biceps</b>    |
| <b>3. Quadriceps</b> | <b>7. Obliques</b>  |
| <b>4. Triceps</b>    |                     |