# Quiz – Muscles

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class: \_\_\_\_\_\_\_\_

1. Is your bicep found on your **arm** oryour **leg**? *(circle one)*
2. Are your abdominals found on the **front of your body** or **back of your body**? *(circle one)*
3. Are your quadriceps found on the **top half** of your leg or the **bottom half** of your leg?*(circle one)*
4. Is you latissimus dorsi found on your **upper back** or your **lower back**? *(circle one)*
5. Are your hip flexors found on your **hips** or your **shoulders**? *(circle one)*