

First Name: _____

Last Name: _____

SS1010-15 – Skeletal Muscle Groups

Skeletal Muscle Groups

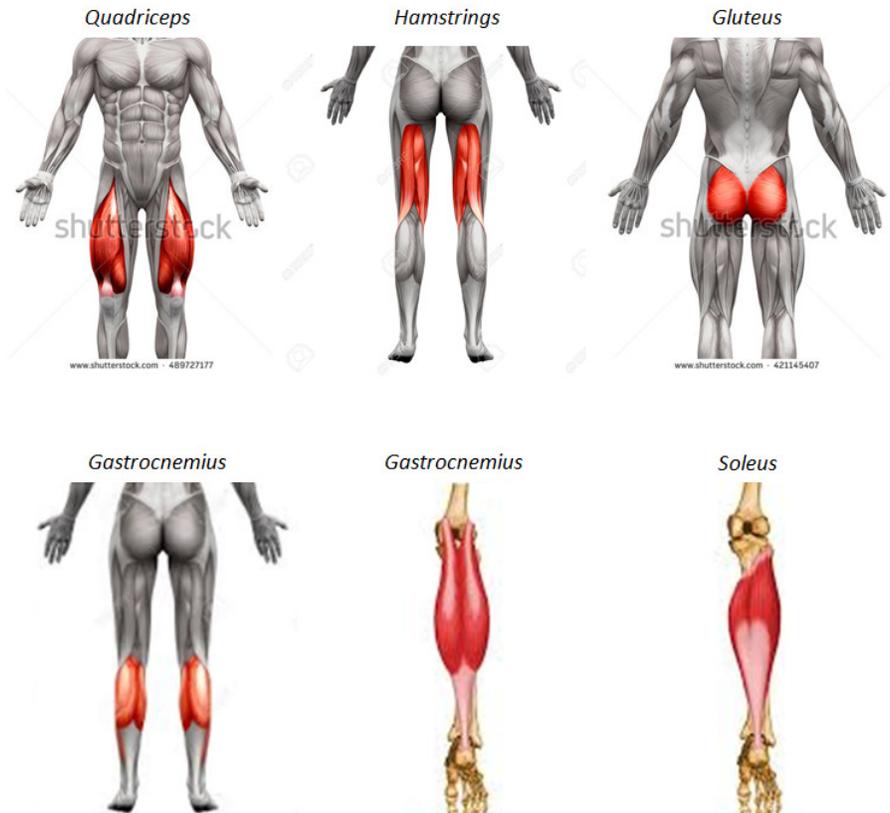
Skeletal muscle is one of three major muscle types, the others being cardiac muscle (in the heart) and smooth muscle (in the walls of hollow organs). It is under the voluntary control of the nervous system and attached to bones.

The skeletal muscle groups consist of the following

- Abdominal (*Upper skeletal muscle group*)
- Pectoral (*Upper skeletal muscle group*)
- Deltoid (*Upper skeletal muscle group*)
- Trapezius (*Upper skeletal muscle group*)
- Latissimus Dorsi (*Upper skeletal muscle group*)
- Erector Spinae (*Upper skeletal muscle group*)
- Biceps (*Upper skeletal muscle group*)
- Triceps (*Upper skeletal muscle group*)
- Quadriceps (*Lower skeletal muscle group*)
- Hamstrings (*Lower skeletal muscle group*)
- Gastrocnemius (*Lower skeletal muscle group*)
- Soleus (*Lower skeletal muscle group*)
- Gluteus (*Lower skeletal muscle group*)

Lower Skeletal Muscle Groups

It will help to **color** the muscle groups on your handout.



Upper Skeletal Muscle Groups

It will help to *color* the muscle groups on your handout.

