

Upper Body Muscle Test

Name _____

Class _____

Directions:

Write the number identifying the name of the muscle next to the line that points to that muscle.

- | | |
|----------------------------|---------------------|
| 1. Pectoral (Pecs) | 5. Abdominals (Abs) |
| 2. Deltoids (Delts) | 6. Biceps |
| 3. Latissimus Dorsi (Lats) | 7. Triceps |
| 4. Trapezius (Traps) | |

