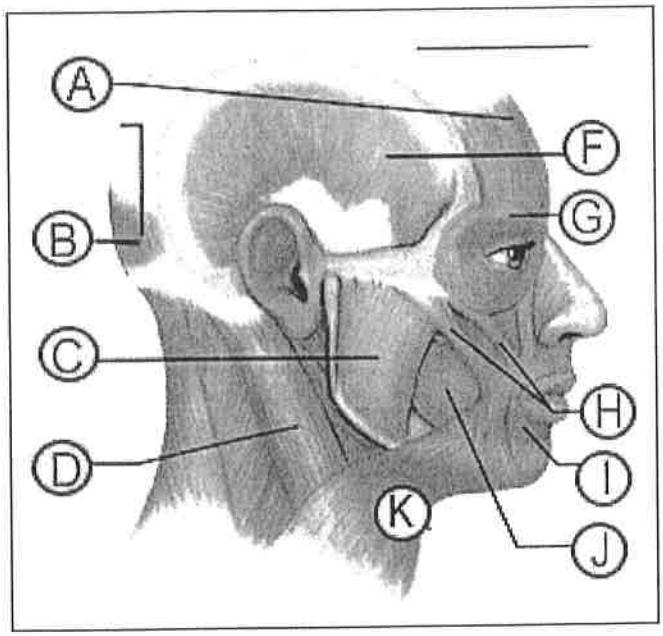
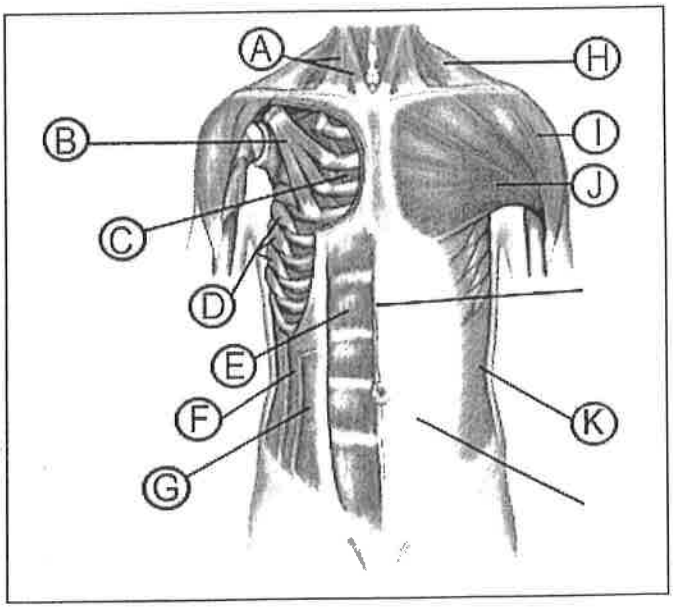
Muscle Identification Activity

Name: _____ Period: _____ Date: _____

Directions: Identify and label the following muscles

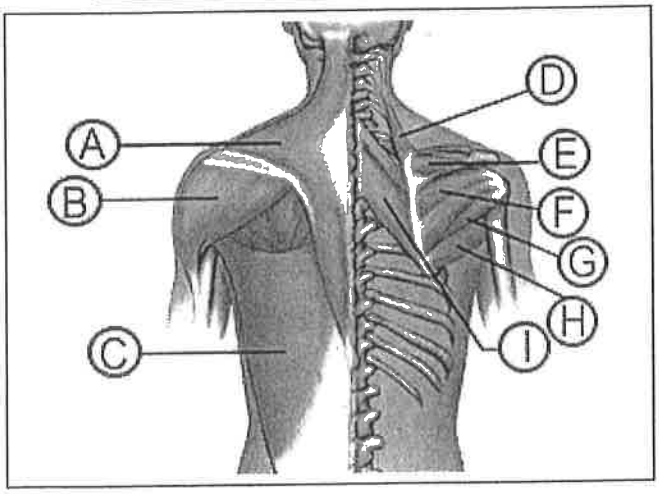
A. _____
B. _____
C. _____
D. _____
E. _____
F. _____
G. _____
H. _____
I. _____
J. _____
K. _____





A. _____
B. _____
C. Internal Intercostals
D. _____
E. _____
F. Internal Oblique
G. Transverse Oblique
H. _____
I. _____
J. _____
K. _____

A. _____
B. _____
C. _____
D. _____
E. _____
F. _____
G. _____
H. _____
I. _____



A. _____

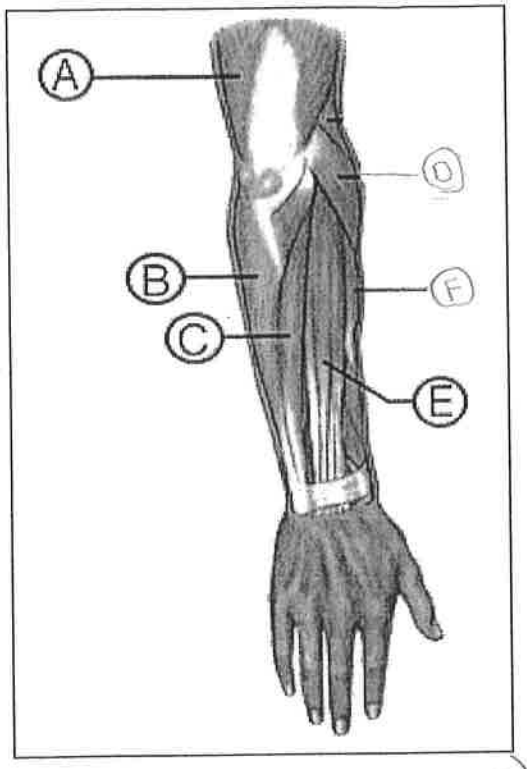
B. Flexor carpi ulnaris

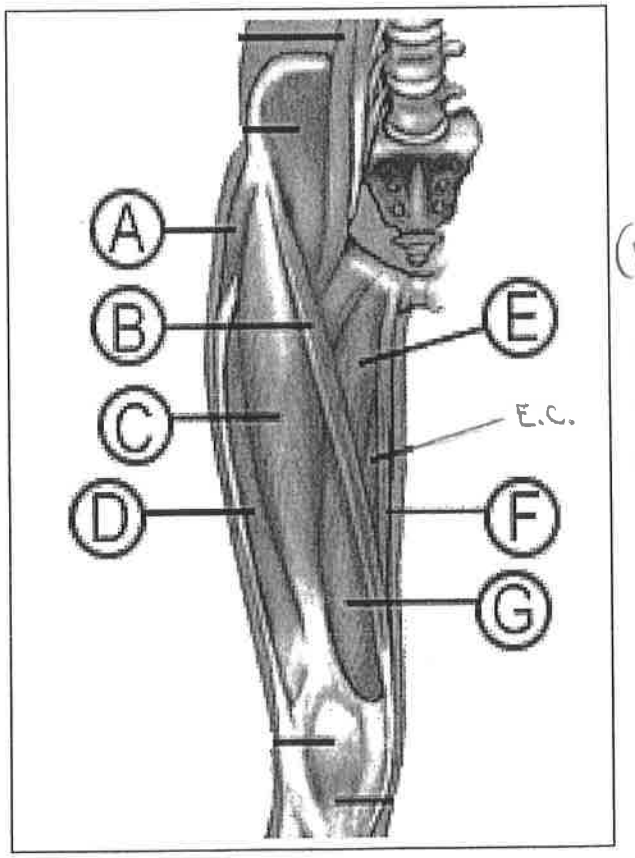
C. _____

D. _____

E. _____

F. _____





E.C. _____

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

A. _____

B. _____

C. _____

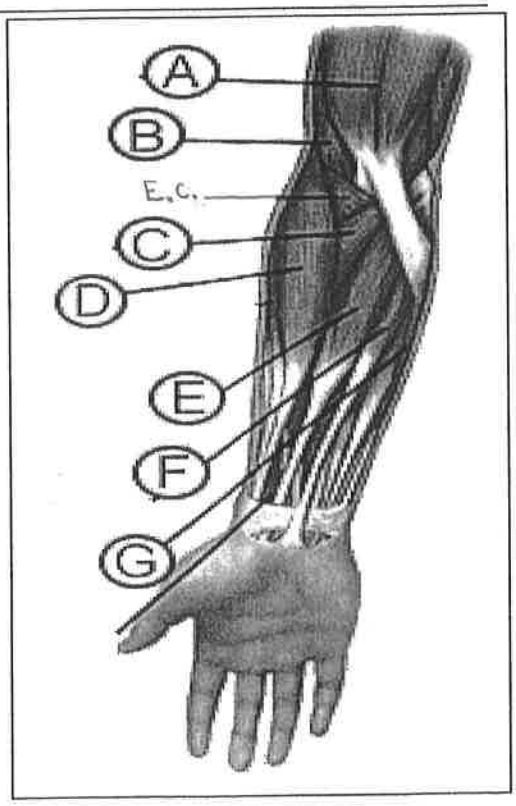
D. _____

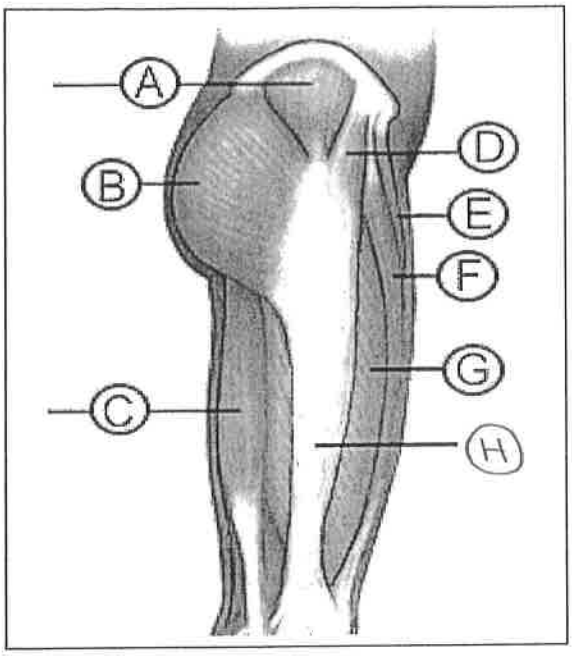
E. _____

F. Palmaris Longus

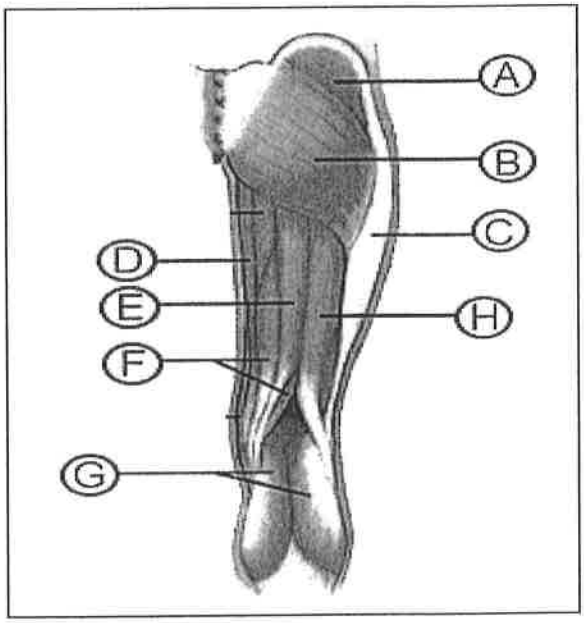
G. _____

E.C. _____

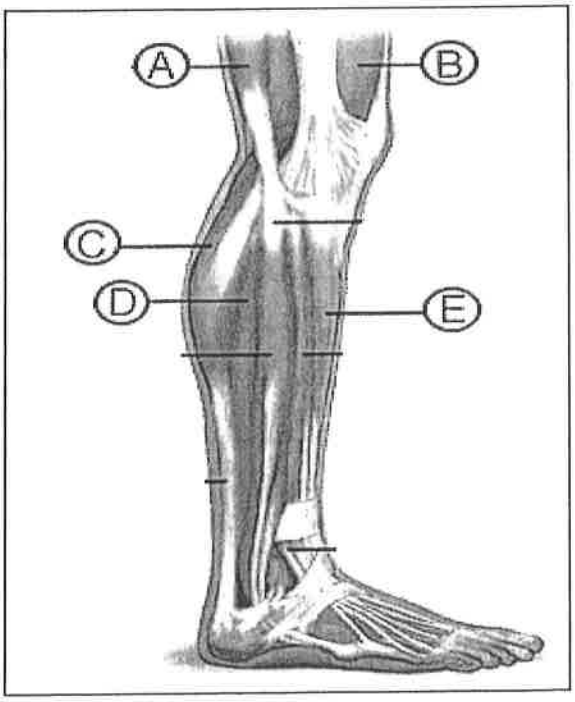




A. _____
B. _____
C. _____
D. _____
E. _____
F. _____
G. _____
H. _____

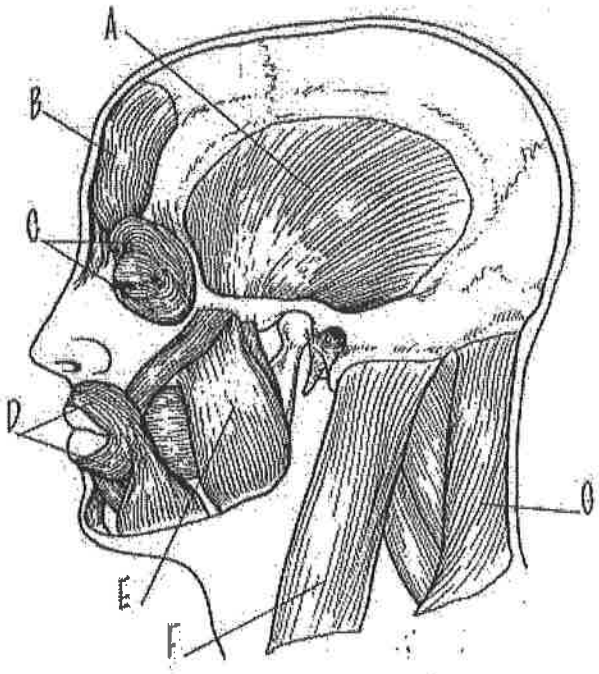


A. _____
B. _____
C. _____
D. _____
E. _____
F. _____
G. _____



A. _____
B. _____
C. _____
D. _____
E. _____

2. Match the muscle with the correct letter from the diagram.



_____ Frontalis

_____ Masseter

_____ Orbicularis oculi

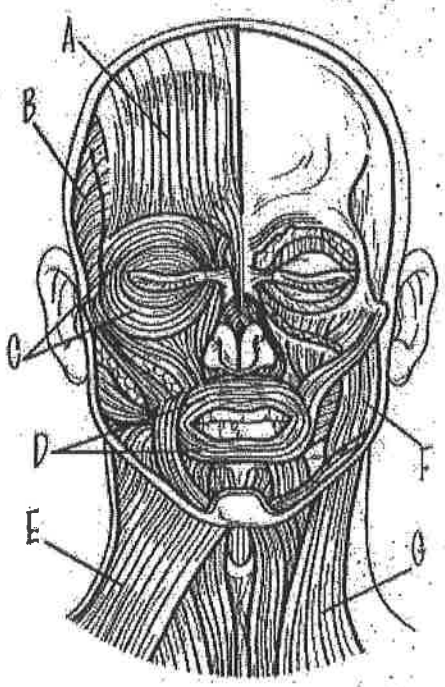
_____ Orbicularis oris

_____ Sternocleidomastoid

_____ Temporalis

_____ Trapezius

3. Match the muscle with the correct letter from the diagram.



_____ Frontalis

_____ Masseter

_____ Orbicularis oculi

_____ Orbicularis oris

_____ Platysma

_____ Sternocleidomastoid

_____ Temporalis

9. Match the muscle with the correct letter from the diagram.

_____ Deltoid

_____ External oblique

__C__ Latissimus dorsi

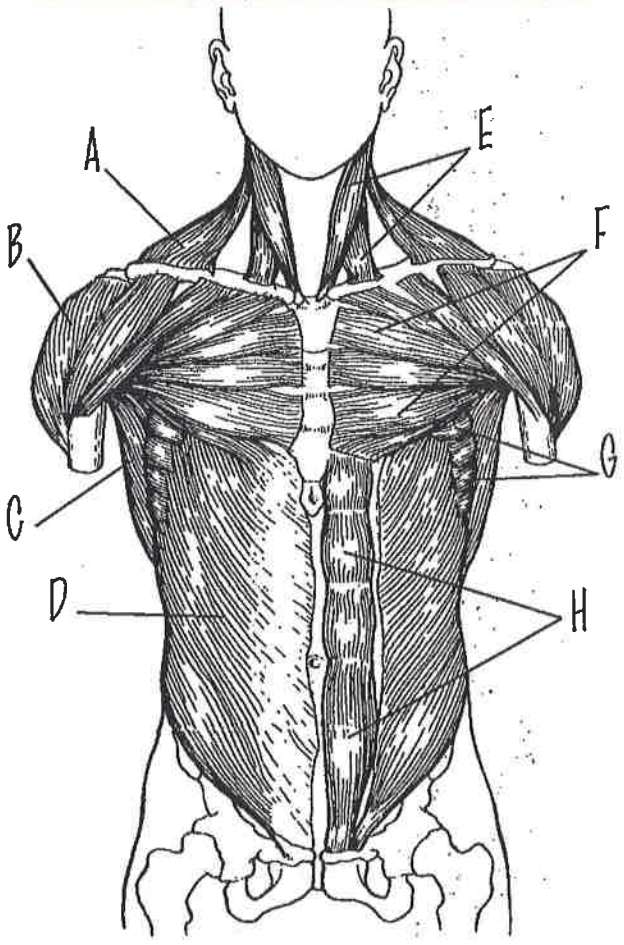
_____ Pectoralis major

_____ Rectus abdominis

_____ Serratus anterior

_____ Sternocleidomastoid

_____ Trapezius



10. Match the muscle with the correct letter from the diagram. NOTE: The muscles on the right (the body's right, not yours) are superficial and the muscles on the left are deep.

_____ Biceps brachii

_____ Deltoid

_____ External oblique

_____ ~~Internal oblique~~

_____ Pectoralis major

_____ Pectoralis minor

_____ Platysma

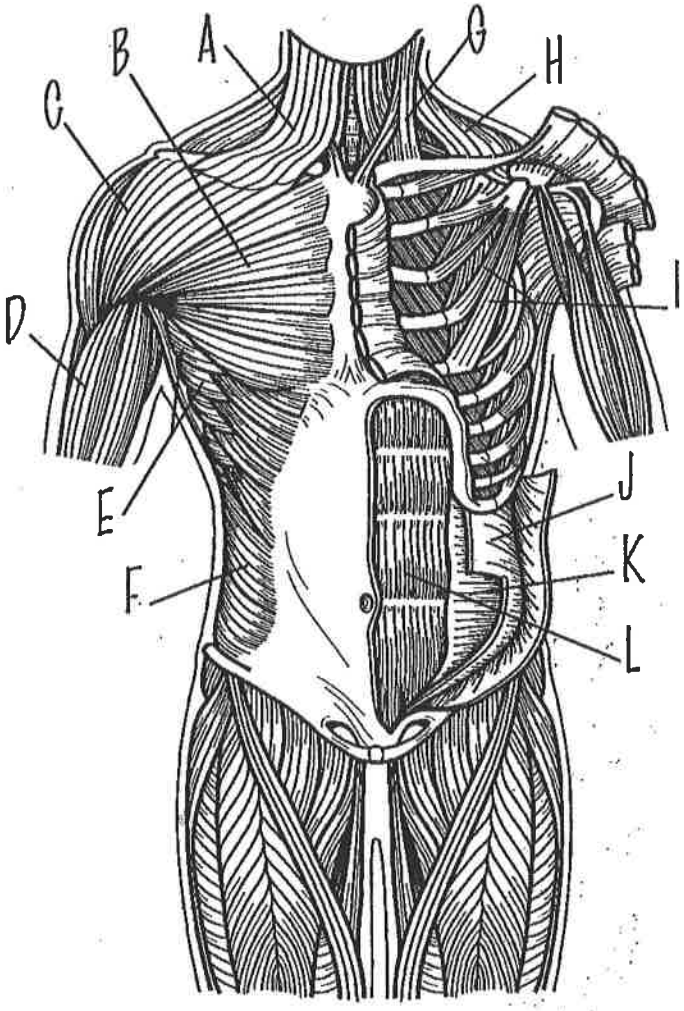
_____ Rectus abdominis

_____ Serratus anterior

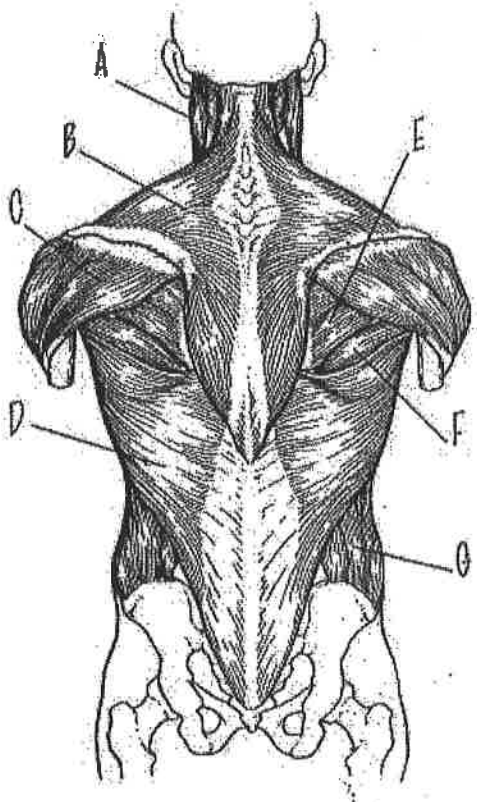
_____ Sternocleidomastoid

_____ ~~Transverse abdominis~~

_____ Trapezius



11. Match the muscle with the correct letter from the diagram.



_____ Deltoid

__G__ External Oblique

_____ Infraspinatus

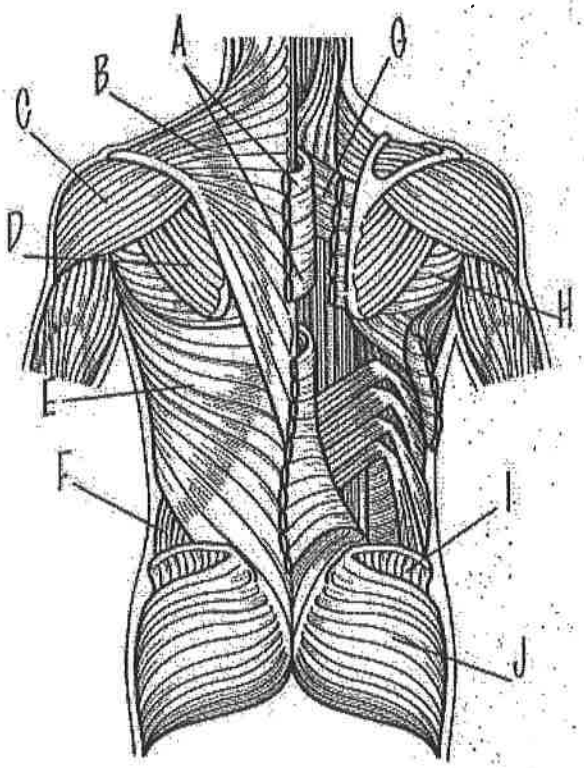
_____ Latissimus dorsi

_____ Sternocleidomastoid

_____ Teres major

_____ Trapezius

12. Match the muscle with the correct letter from the diagram. NOTE: The muscles on the right (the body's right, not yours) are superficial and the muscles on the left are deep.



_____ Deltoid

__F__ External oblique

_____ Gluteus maximus

_____ Gluteus medius

_____ Infraspinatus

_____ Latissimus dorsi

_____ Rhomboid major

__G__ Rhomboid minor

_____ Teres major

_____ Trapezius

13. Match the muscle with the correct letter from the diagram.

_____ Biceps brachii

_____ Deltoid

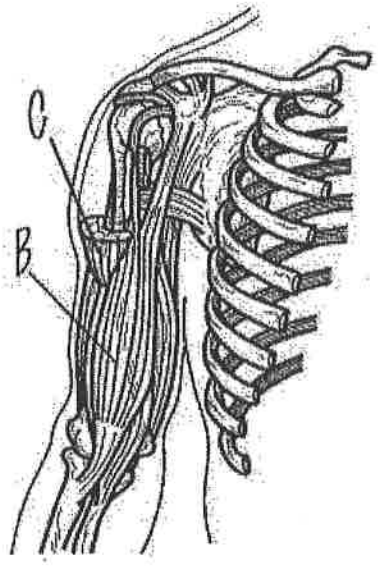
_____ Triceps brachii

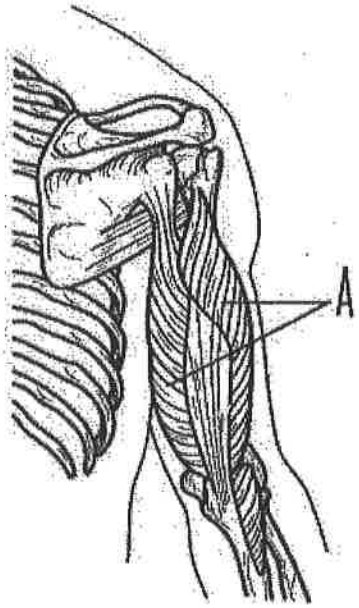
14. Match the muscle with the correct letter from the diagrams below.

_____ Biceps brachii

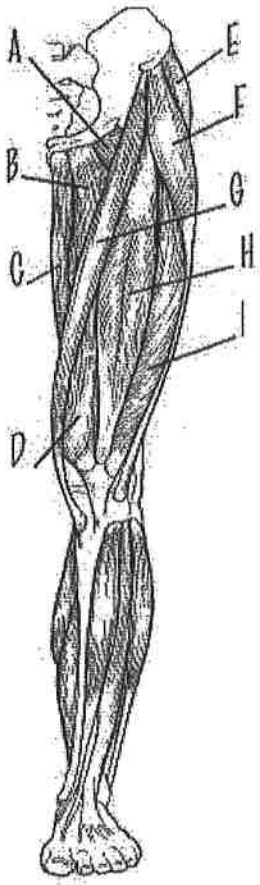
_____ Deltoid

_____ Triceps brachii





16. Match the muscle with the correct letter from the diagram.



_____ Adductor longus

_____ Gluteus medius

_____ Gracilis

__A__ Pectineus

_____ Rectus femoris

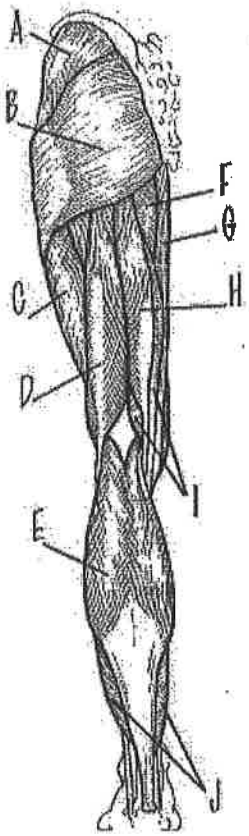
_____ Sartorius

_____ Tensor fasciae latae

_____ Vastus lateralis

_____ Vastus medialis

17. Match the muscle with the correct letter from the diagram.



_____ Adductor magnus

_____ Biceps femoris

_____ Gastrocnemius

_____ Gluteus maximus

_____ Gluteus medius

_____ Gracilis

_____ Semimembranosus

_____ Semitendinosus

_____ Soleus

_____ Vastus lateralis

20. Match the muscle with the correct letter from the diagram.

_____ Adductor longus

_____ Biceps brachii

_____ Deltoid

_____ External oblique

_____ Frontalis

_____ Gastrocnemius

_____ Gracilis

H Internal oblique

_____ Masseter

_____ Orbicularis oculi

_____ Orbicularis oris

I Pectineus

_____ Pectoralis major

_____ Rectus abdominis

_____ Rectus femoris

_____ Sartorius

_____ Soleus

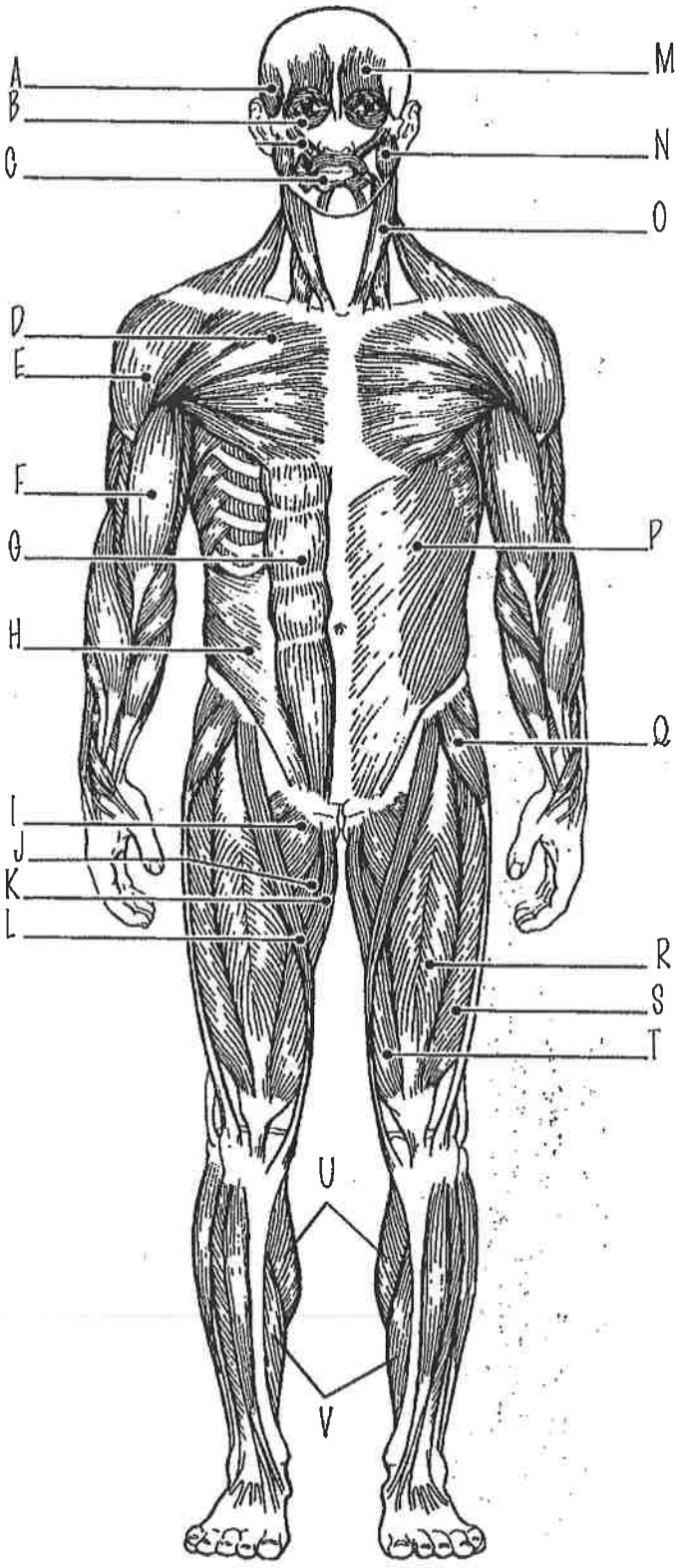
_____ Sternocleidomastoid

_____ Temporalis

_____ Tensor fasciae latae

_____ Vastus lateralis

_____ Vastus medialis



21. Match the muscle with the correct letter from the diagram.

_____ Adductor magnus

_____ Biceps femoris

_____ Deltoid

_____ External oblique

_____ Gastrocnemius

_____ Gluteus maximus

_____ Gluteus medius

_____ Infraspinatus

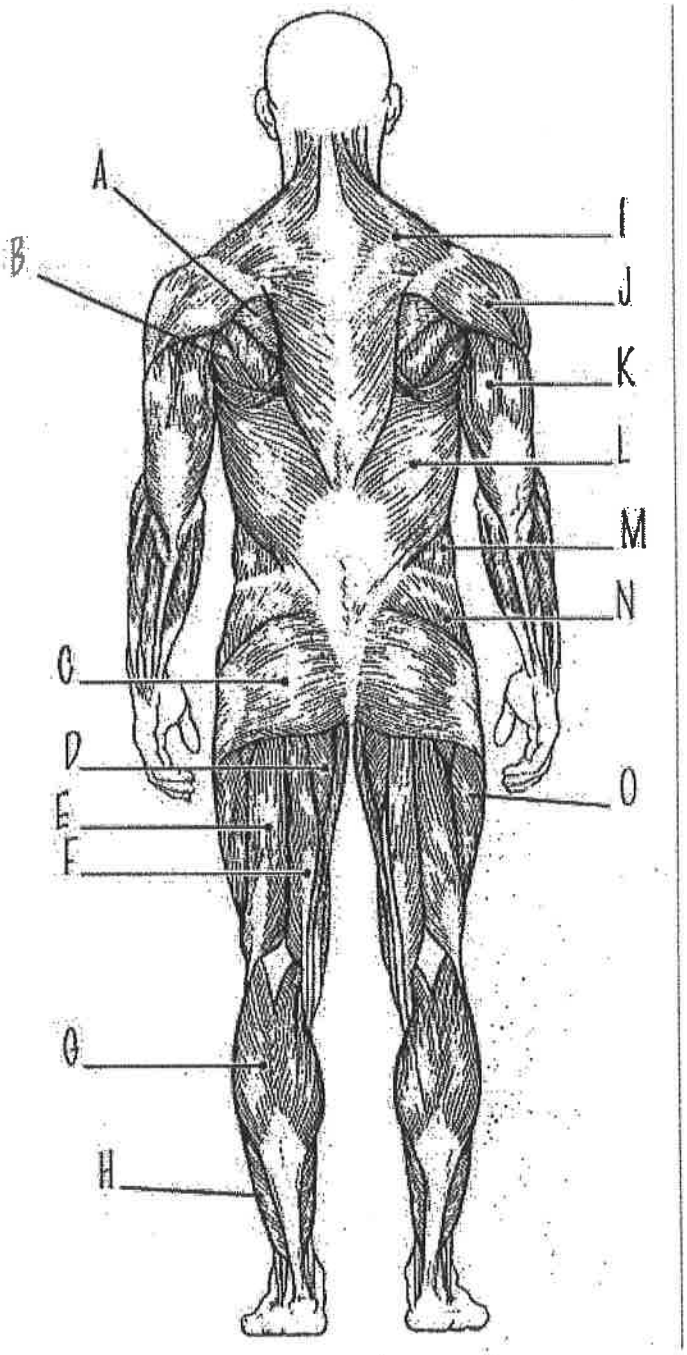
_____ Latissimus dorsi

_____ Semitendinosus

_____ Soleus

_____ Teres major

_____ Trapezius

_____ Triceps brachii

__O__ Vastus lateralis