

# Working Muscles

Do the following stretches and exercises. On the line provided, write the name of the muscles that are being stretched or worked.

1. Stand and put a soup can in your hand. Hang your arm with your palm out in front of your waist. Lift the soup can towards your shoulder. Then, lower your arm again.

**What muscles are you working?**

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2. Stand and bend over so that your torso is at a 90-degree angle with the floor. Hold a soup can in your hand and bend your elbow so that your upper arm is aligned with your torso and your lower arm is hanging straight down. Pivoting at the elbow, straighten your arm so that the soup can is straight out behind you. Then lower your forearm again. **What muscles are you working?**
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3. Stand with feet shoulder-width apart. Lower your torso into an almost sitting position by bending your knees. Then raise to a standing position. **What muscles are you working?**
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4. Lie on your back with your arms behind your head and your knees bent so that your feet are flat on the floor. Keeping your neck straight and your feet on the ground, lift your head and shoulders off of the ground slightly. **What muscle group are you working?**
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5. Now, do the same as #4, but as you raise your head and shoulders, twist your body slightly so that you are looking at one knee. Then, lower and raise again to look at the other knee. **What muscle group are you working?**
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6. Stand with your feet shoulder-width apart. Raise your body up by rolling on to your tip-toes. Then, lower yourself again. **What muscles are you working?**
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7. Lie flat on your stomach with your knees on the ground. Put your hands flat on the ground next to your shoulders. Keeping your back straight, raise your body by straightening your arms. Then, lower again. **What muscle group in the front of your body are you working?**
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