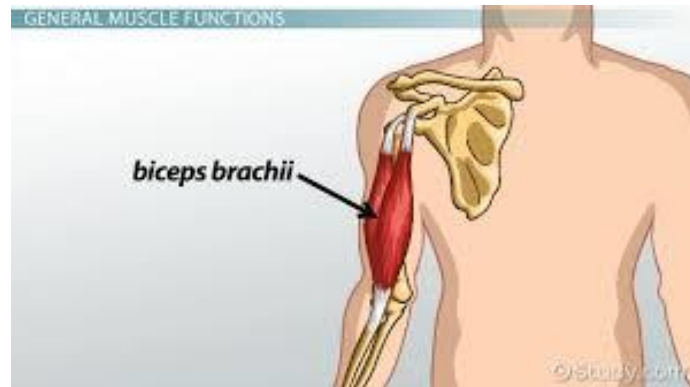


## Lesson number five :

### 1-3 : biceps :

- Are located in the front of the upper arm.
- Shoulder motion, elbow motion, forearm rotation.
- Help control the motions of both, Shoulder and elbow.



### 1-4 : triceps :

- Are located in the back of the upper arm.
- Straightening of elbow – shoulder stabilization.
- Passing and shooting a basketball.
- Used when writing and drawing.



### 1-5 : abdominals :

- Are located below the pecs.

- Help protect inner organs.
- Assist in breathing – used when you bend over .



### **1-6 : obliques :**

- On the sides of abdominals are the obliques.
- They help support the spine from the front.



### **1-7- traps :**

- Two large muscles in the upper and middle of the back.
  - Used to tilt and turn the head and neck and shrug.

