**Muscle Test**

Using the muscle sheet please put the letter of the muscle that matches the name of the muscle in blank next to the muscle. Then **Circle** if the muscle is a pushing or pulling muscle.

1. Trapezius \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
2. Deltoids \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
3. Erector Spinae \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
4. Gastrocnemius \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
5. Olbique \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
6. Quadriceps \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
7. Biceps \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
8. Gluteus Maximus \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
9. Rectus Abdominis \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
10. Latissimus Dorsi \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
11. Triceps \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
12. Hamstrings \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL
13. Pectoralis Major \_\_\_\_\_\_\_\_\_\_\_\_ PUSH or PULL

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_