

Worksheet

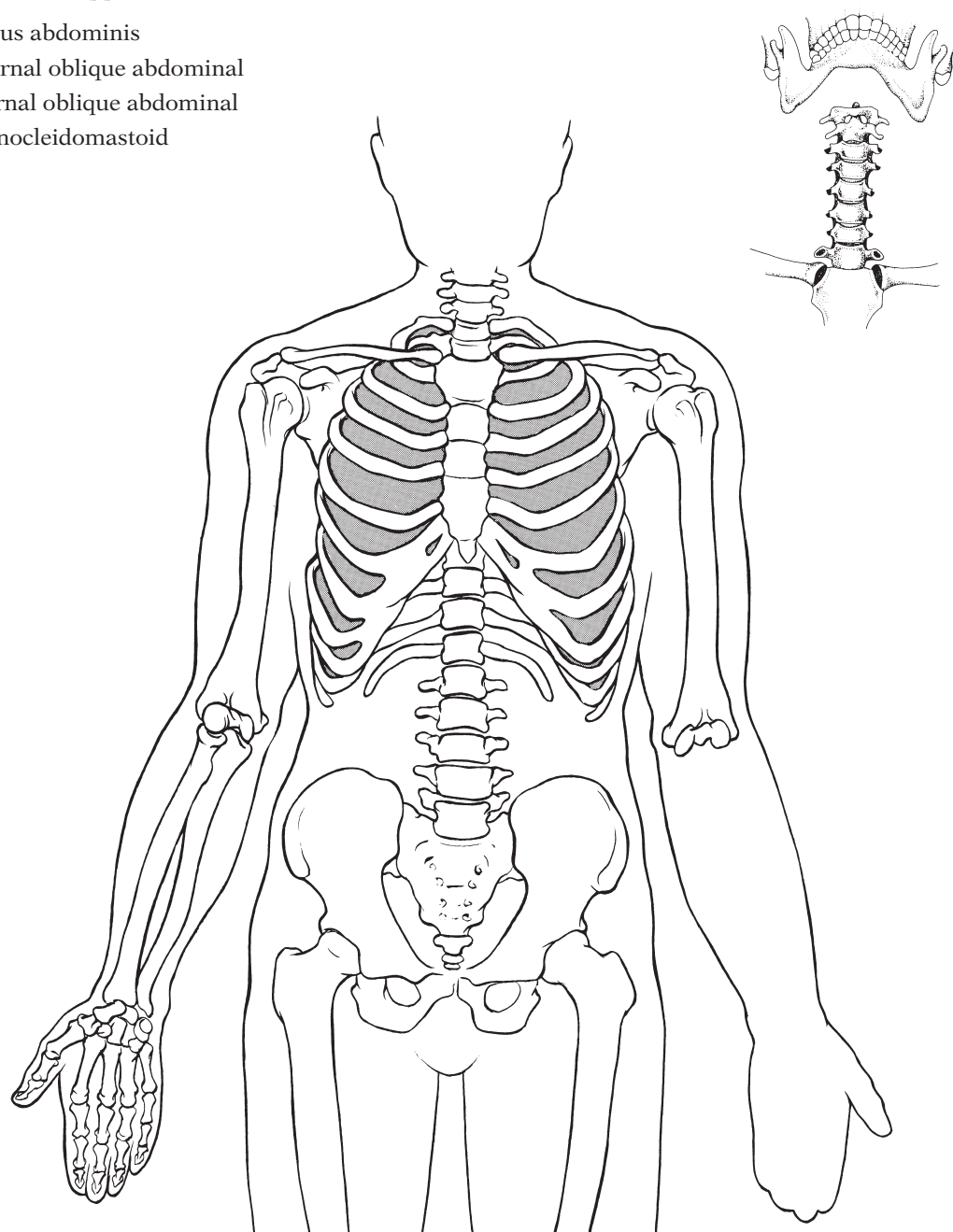
chapter 13

For in- or out-of-class assignments, or for testing, utilize this tear-out worksheet.

Worksheet 1

Using crayons or colored markers, draw and label on the worksheet the following muscles. Indicate the origin and insertion of each muscle with an "O" and an "I," respectively, and draw in the origin and insertion on the anterior view as applicable.

- Rectus abdominis
- External oblique abdominal
- Internal oblique abdominal
- Sternocleidomastoid



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Worksheet 2

Using crayons or colored markers, draw and label on the worksheet the following muscles. Indicate the origin and insertion of each muscle with an “O” and an “I,” respectively, and draw in the origin and insertion on the posterior view as applicable.

- Erector spinae
- Quadratus lumborum
- Splenius—cervicis and capitis

