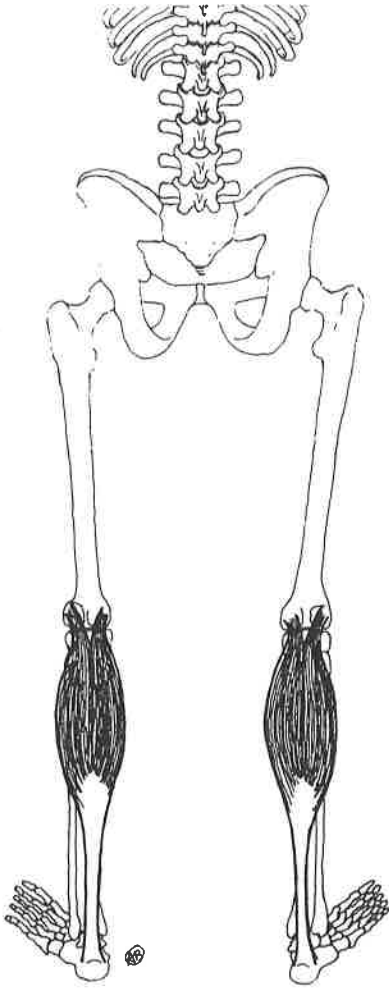


Dino-Muscles

Coloring Book





Gastrocnemius

(The back of the leg)

gǎs' trők-ně' mǐ-űs

Gastrocnemius the Dinosaur has a favorite muscle, the gastrocnemius muscle.

It is called the gastrocnemius because the “gastroc” part means “belly” and the “nemius” part means “leg.” Therefore, gastrocnemius means the belly of the leg.

The gastrocnemius is her favorite muscle because it helps her jump rope faster.

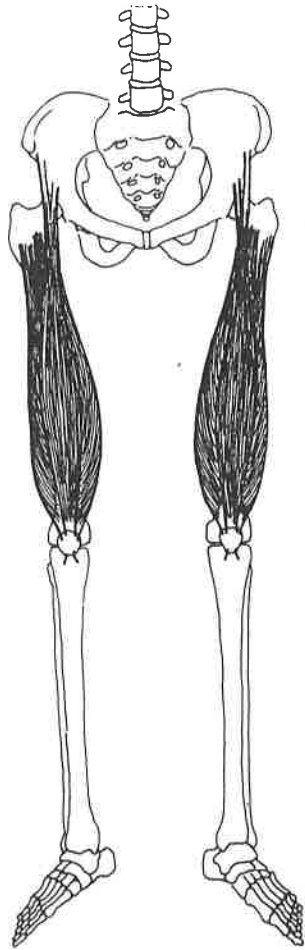
Bend over and feel your calves (the back of your lower legs). That's your gastrocnemius. Now push up to stand on your toes. You can feel your gastrocnemius contract. When the gastrocnemius contracts, it flexes the ankle.

What other kinds of skills does the gastrocnemius muscle help you do?

Swim, run, dance, and jump far or high.

Gastrocnemius





Quadriceps

(The front of the thigh)
kwōd' rī-sěps

Quadriceps the Dinosaur has a favorite muscle group, the quadriceps muscles.

They are called the quadriceps because the “quad” part of its name means “four” and the “ceps” part means “heads.” Therefore, quadriceps together means four heads.

The quadriceps muscles are her favorite muscles because the quadriceps help her kick a ball harder.

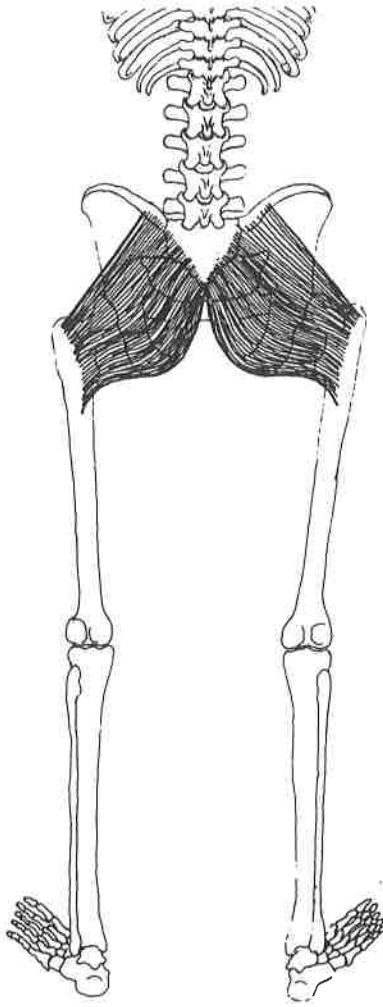
Stand up and lift one knee. Squeeze the front of your thigh, just above your knee. That's your quadriceps. Now, extend your leg out and you can feel it work. When the quadriceps contract, they extend the leg at the knee joint.

What other kinds of skills does the quadriceps help you do?

Jump, run, swim, kick, and stand up.

Quadriceps





Gluteus Maximus

(The buttocks)

glōo-tē' ūs māk-sī' mŭs

Gluteus Maximus the Dinosaur has a favorite muscle, the gluteus maximus muscle.

It is called the gluteus maximus because “gluteus” means “buttocks” and “maximus” means “the biggest.” Therefore, gluteus maximus means the largest muscle of the buttocks.

The gluteus maximus is his favorite muscle because it helps him jump very high. The gluteus maximus is very strong and powerful.

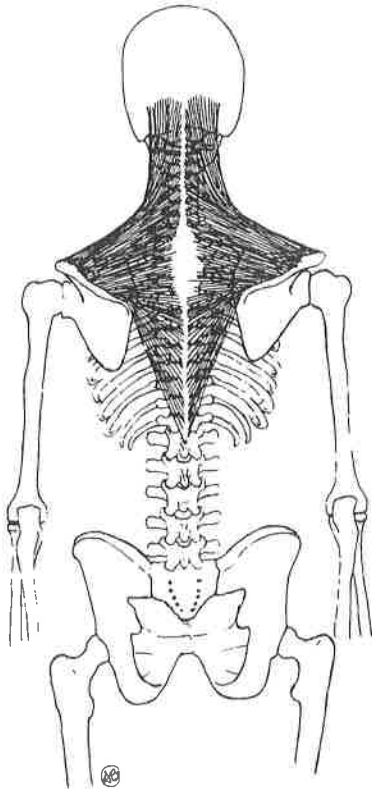
Squat down and hold on to your buttocks. That’s your gluteus maximus. Now stand up. You can feel the gluteus maximus work. The gluteus maximus contracts and pulls your thighs down and behind you at the hip joint.

What other kinds of skills does the gluteus maximus muscle help you do?

Stand up, swim, run, and walk.

Gluteus Maximus





Trapezius

(The back of the neck & shoulder)
trá-pē' zē-ŭs

Trapezius the Dinosaur has a favorite muscle, the trapezius muscle.

It is called the trapezius because it resembles the shape of the four-sided trapezoid.

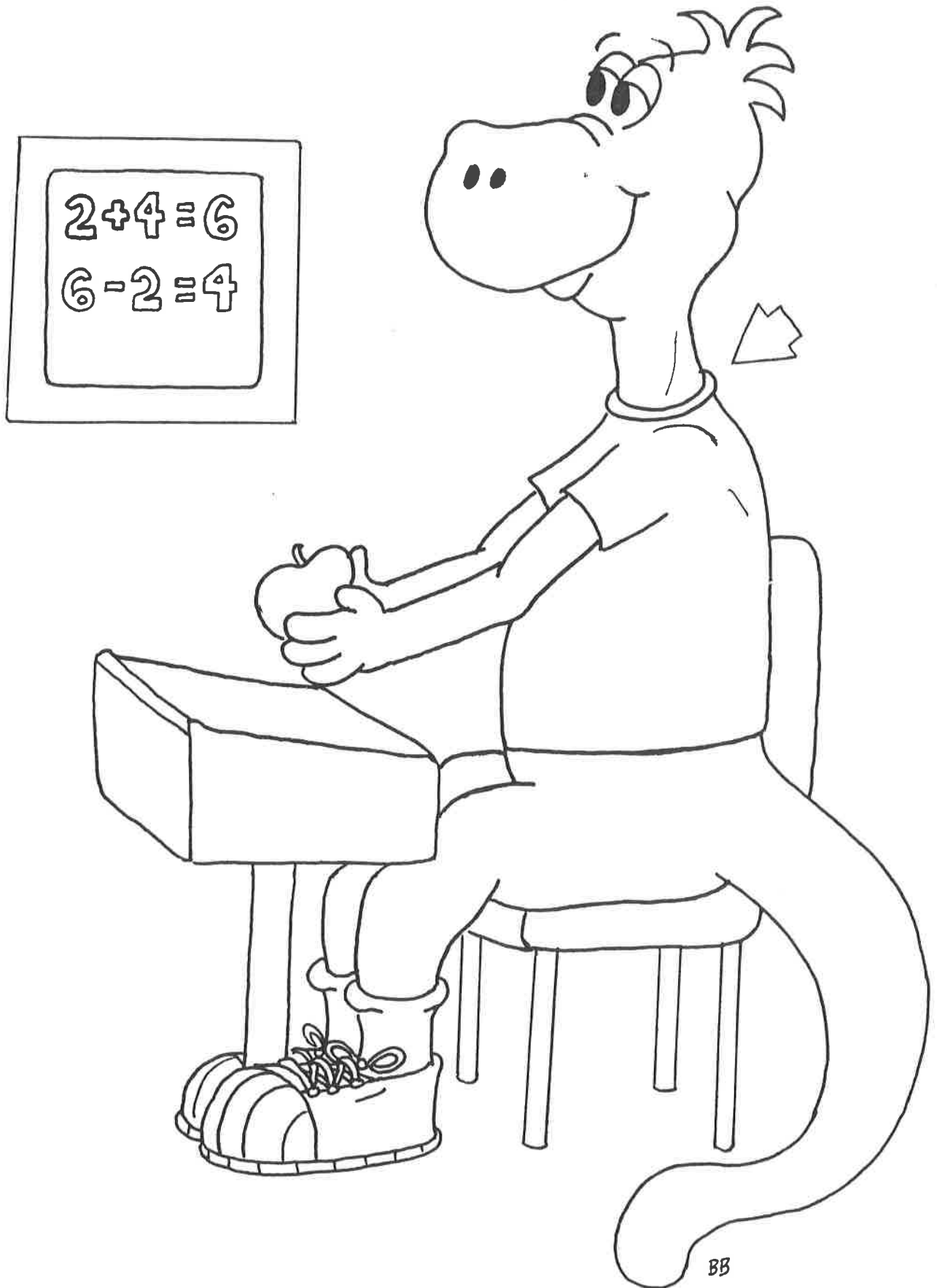
The trapezius muscle is his favorite muscle because it helps him sit up straight in his seat, and that makes the teacher happy.

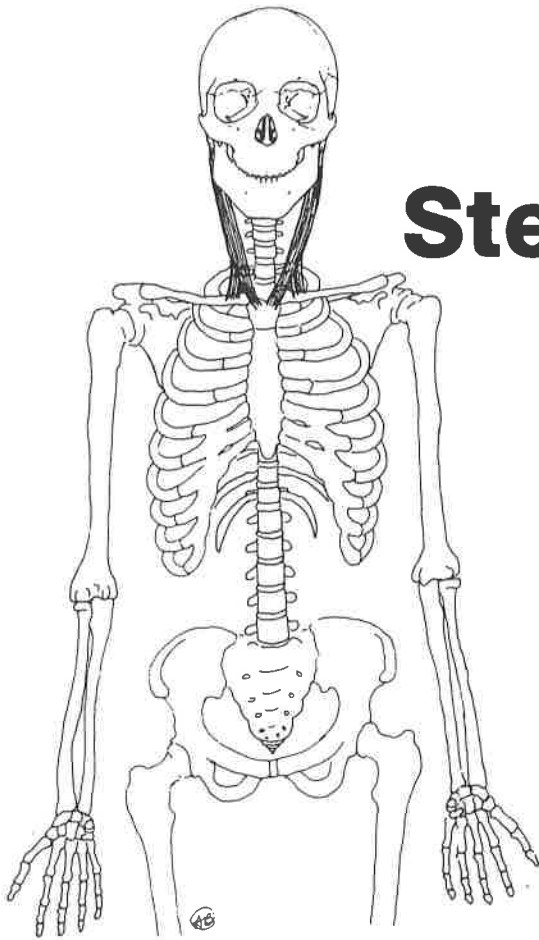
Squeeze the top of your shoulder. That's the top of part of your trapezius muscle. Lift that shoulder and you feel it work. The trapezius muscle lifts and pulls back the shoulder.

What other kinds of skills does the trapezius muscle do?

Raise your head, swing a bat, shrug your shoulders, and bear hug.

Trapezius





Sternocleidomastoid

(The front sides of the neck)
stěř' nō' klě' dō mǎs'-toid

Sternocleidomastoid the Dinosaur has a favorite muscle, the sternocleidomastoid muscle.

It is called the sternocleidomastoid because the muscle is attached to three bones: The “**sternum**” (**sterno**), the “**clavicle**” (**cleido**), and the **mastoid process** of the skull (**mastoid**).

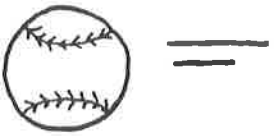
The sternocleidomastoid is her favorite muscle because it helps her to turn her head around to see a ball thrown at her.

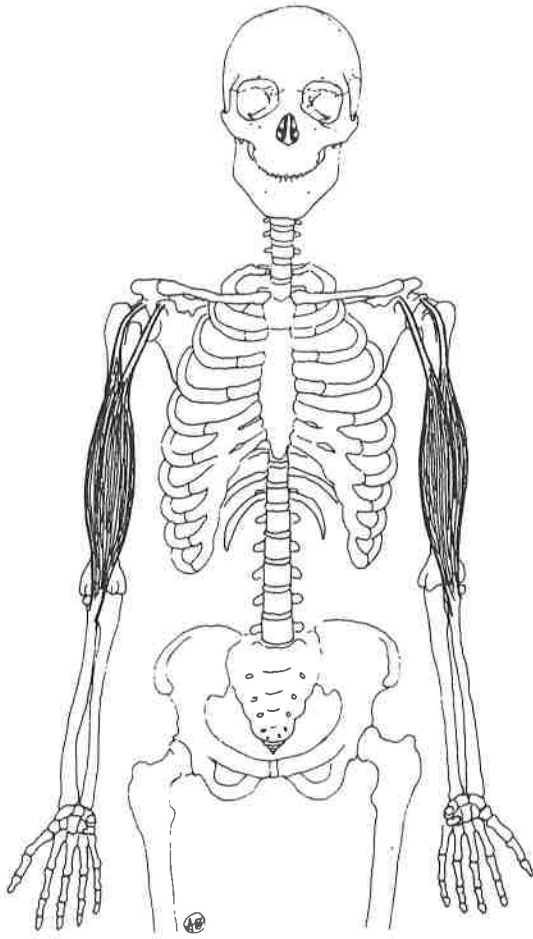
Turn your head to the left and feel the right side of your neck. That's your sternocleidomastoid sticking out. Turn your head to the right side, and your left sternocleidomastoid will stick out. The sternocleidomastoid turns your head from side to side.

What other kinds of skills does the sternocleidomastoid muscle help you do?

Turn your head to see things and breathe when you swim.

Sternocleidomastoid





Biceps

(The front of the arm)
bĩ sěps

Biceps the Dinosaur has a favorite muscle, the biceps muscle.

It is called the biceps because the “bi” part of its name means “two” and the “ceps” part means “heads.” Therefore, biceps means two heads.

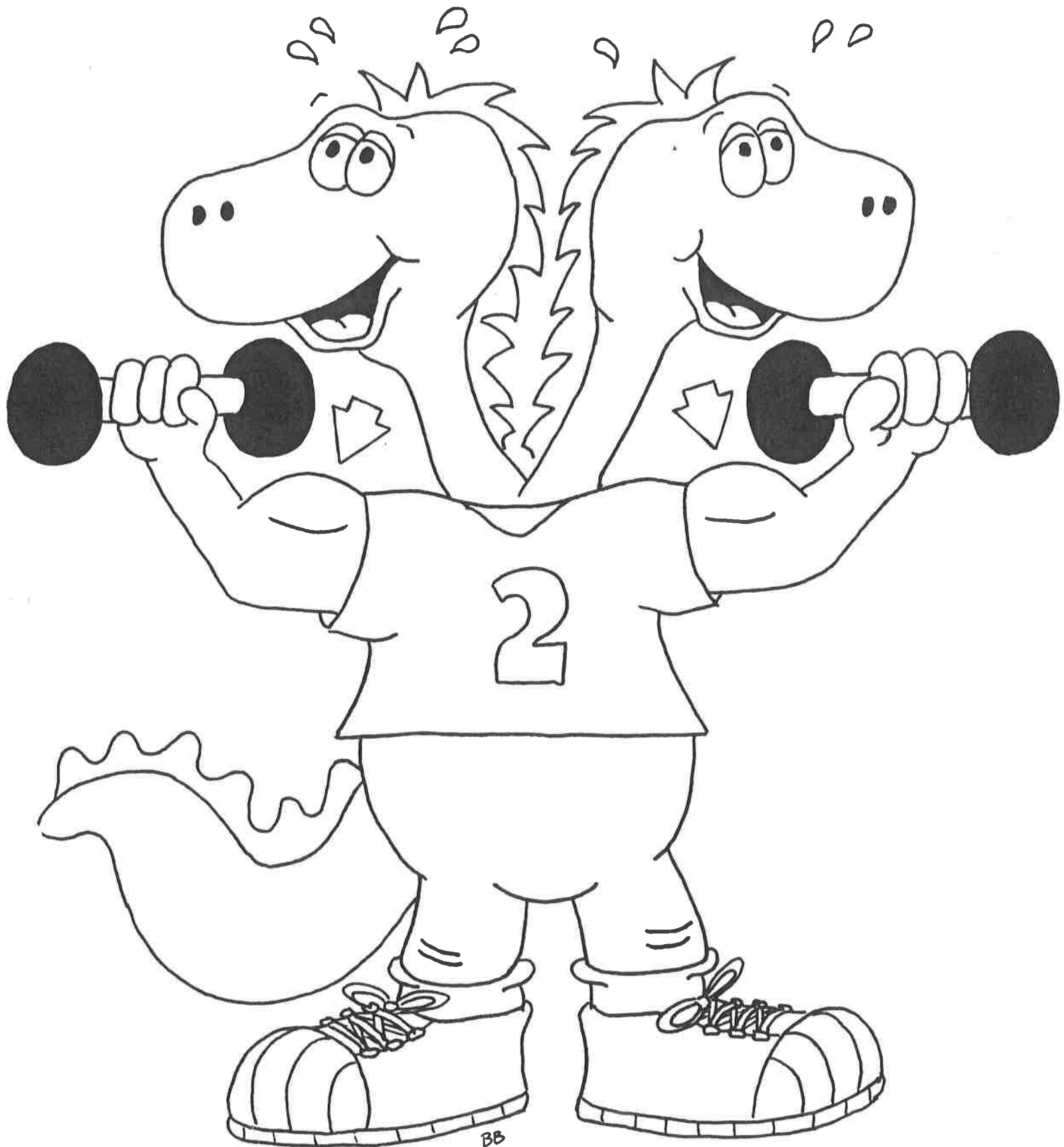
The biceps muscle is his favorite muscle because the biceps muscle helps him lift heavy things. Biceps the Dinosaur likes to lift things, so he can get stronger.

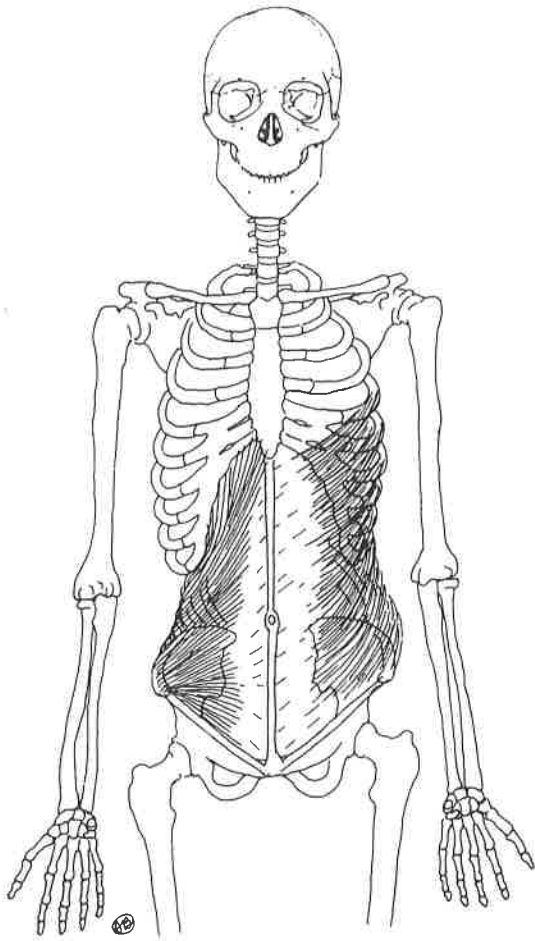
Hold your arm out in front of you with your palm up. Squeeze the front of the upper arm with your other hand. That’s your biceps muscle. Now, bring your hand towards your nose and you can feel it work. When the biceps muscle contracts, it flexes the forearm at the elbow joint.

What other kinds of skills does the biceps muscle help you do?

Chin-ups, tether ball, hug, and carry your books.

Biceps





External and Internal Oblique Abdominal

(The sides of the abdomen)
ō-blēk ăb-dō' mēn-ăl

External and Internal Obliques are brother and sister dinosaurs. They have favorite muscles called the external and the internal obliques.

They are called obliques because “oblique” means “at an angle.”
“External” means “towards the outside” and “internal” means
“towards the inside.”

The external and internal obliques are their favorite muscles because they help them dance the twist.

Put your hands on the sides of your stomach. That’s where the external and internal oblique abdominals are. If you start twisting from side to side, you can feel them working. They twist your shoulder towards the opposite hip.

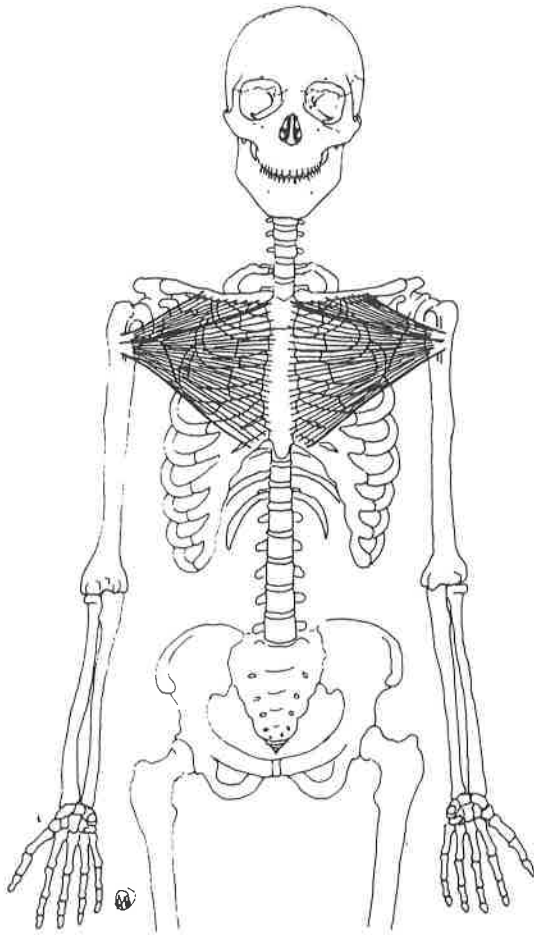
What other kinds of skills do the external and internal obliques help you do?
Throw a ball, swing a bat, hula hoop, and sit-ups.

External & Internal



BB

Oblique Abdominals



Pectoralis Major

(The chest)
pěk' tōrǎ līs

Pectoralis Major the Dinosaur has a favorite muscle, the pectoralis muscle.

It is called the pectoralis major muscle because “**pectoralis**” means “**chest bone,**” which is where the muscle is attached, and “**major**” means “**the larger.**” Therefore, pectoralis major means the larger muscle on the chest.

It just so happens that Pectoralis Major the Dinosaur is a Major in the Dinosaur Army and he loves to do lots of push-ups.

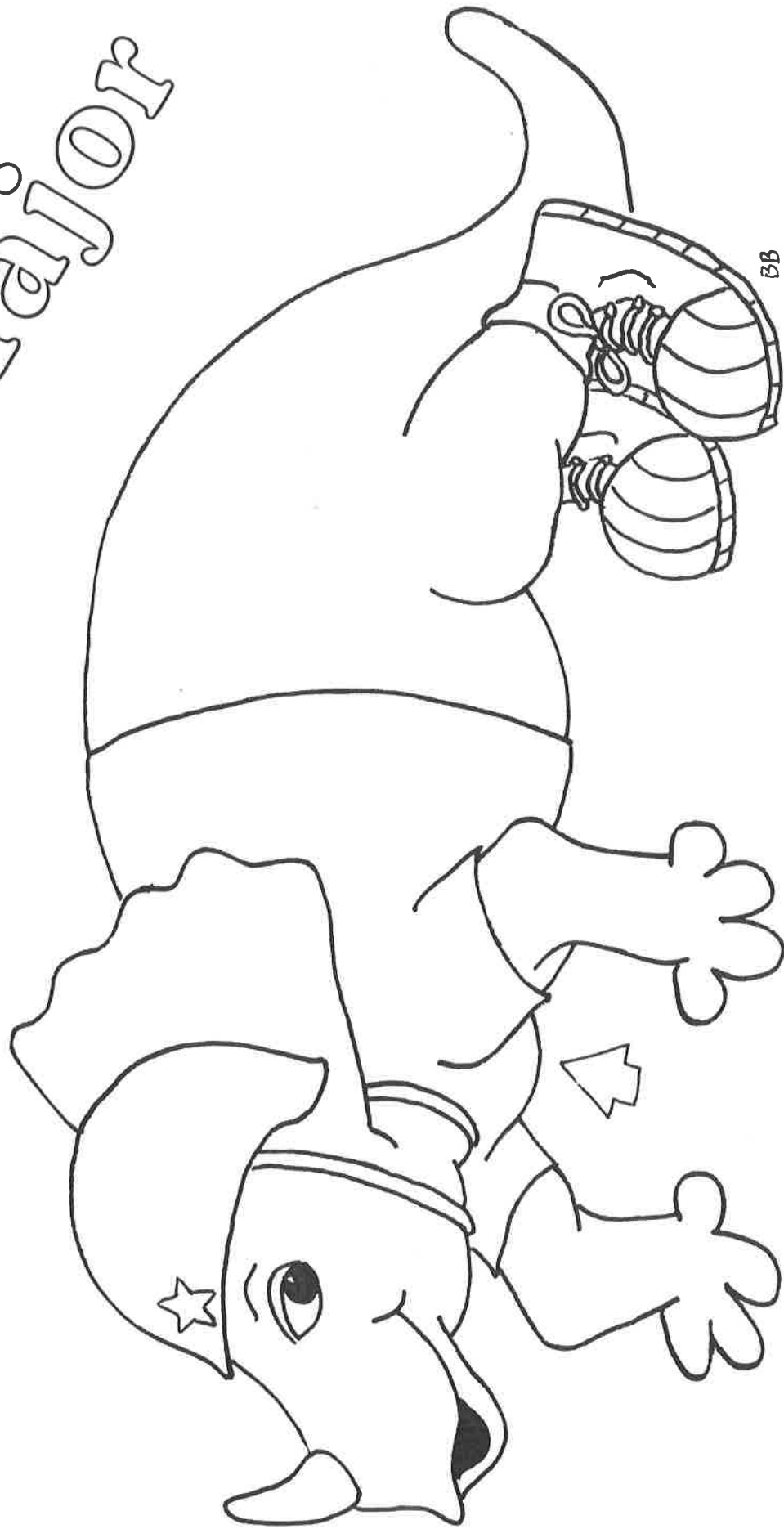
Put your arm straight out in front of you. Pinch the front of your arm pit with your other hand. That's the pectoralis major. Now move your arm from side to side and you can feel your pectoralis major work. The pectoralis major muscle draws the arm forward at the shoulder joint.

What other kinds of skills does the pectoralis major muscle help you do?

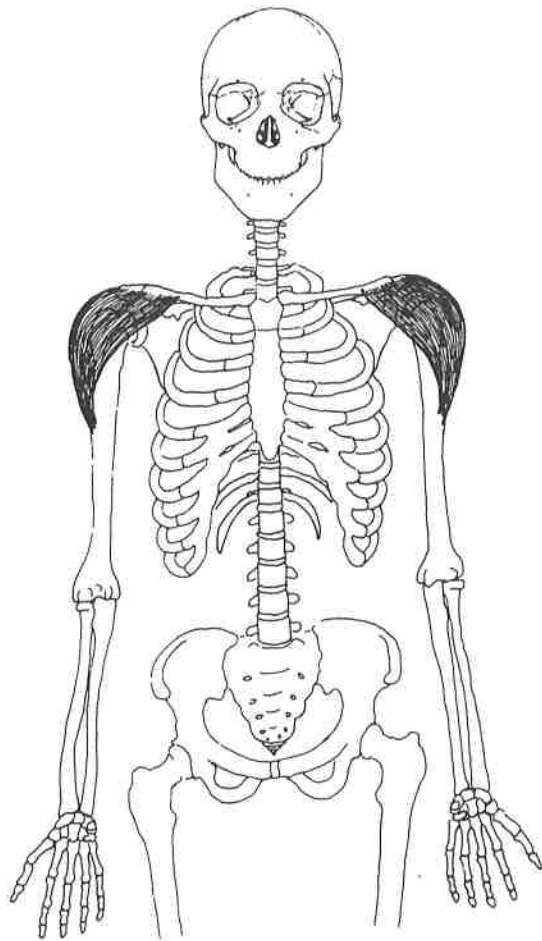
Swing a bat or tennis racket, push things, and throw.

Pectoralis

Major



BB



Deltoid

(The top of the arm)
děľ tǔid

Deltoid the Dinosaur has a favorite muscle, the deltoid muscle.

It is called the deltoid muscle because it is shaped like the Greek letter “**Delta**” (Δ), which is the letter “D” to you and me.

The deltoid muscle is her favorite muscle because it helps her do jumping jacks.

Squeeze the top of your arms. That’s your deltoid muscle. Now, lift your arm and you can feel it work. When the deltoid muscle contracts, it lifts the arm at the shoulder joint.

What other kinds of skills does the deltoid muscle help you do?

Throw your arms in front of you when running, jumping, lift anything with the arms, wave and hug too!

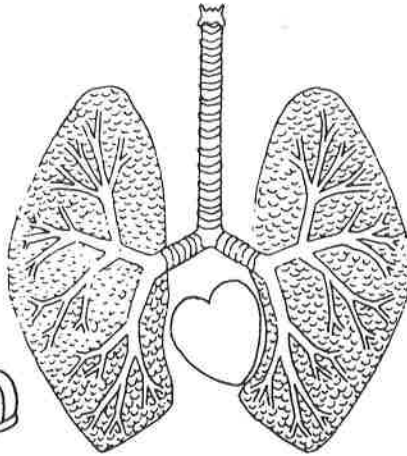
Deltoid



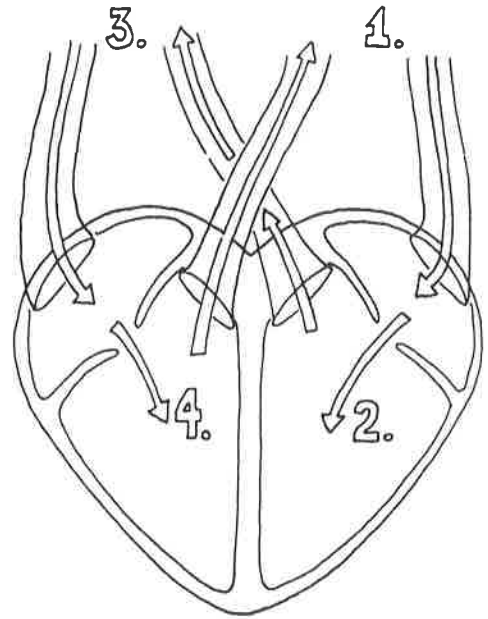
Cardiac

(The heart)

kă'r'dē-ăk



Body Lungs



Cardiac the Dinosaur has a favorite muscle, the heart muscle.

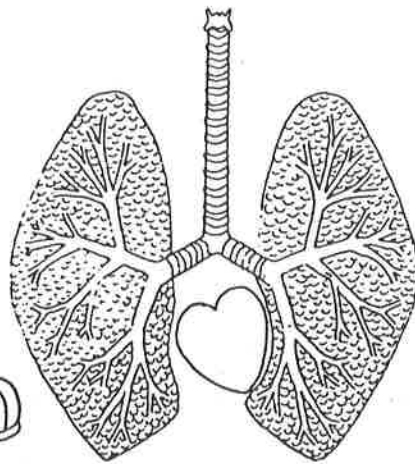
She is called Cardiac the Dinosaur because cardiac means anything related to the heart.

The heart is her favorite muscle because she likes to dance a long time.

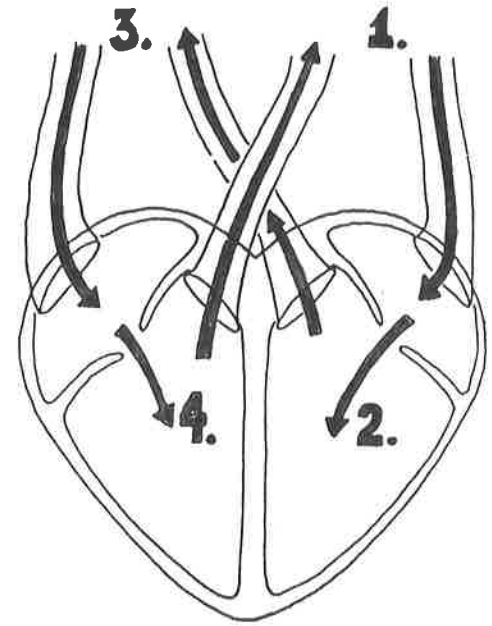
Put two fingers together, move your fingers below your jaw, and gently push in on your neck. You can feel your pulse. That's the blood your heart pumps to your muscles so you have energy to play.

What other activities does the heart help you do for a long time?

Swim, dance, bicycle, skate, and walk.



Body Lungs



AEORBIC, the dinosaur has a favorite muscle, the heart muscle.

He is called AEROBIC because any activity that is aerobic relates to the heart.

The heart is his favorite muscle because it let's him run the mile, jump on a trampoline, dance or ride a bike for a long period of time.

Put two fingers together, move your fingers below your jaw, and gently push on your neck. You can feel your pulse. That is the blood your heart pumps to yuour muscles so you have energy to play for a long time.

What other activities does the heart help you do for a long time?

Swim, skate, walk, and basketball.

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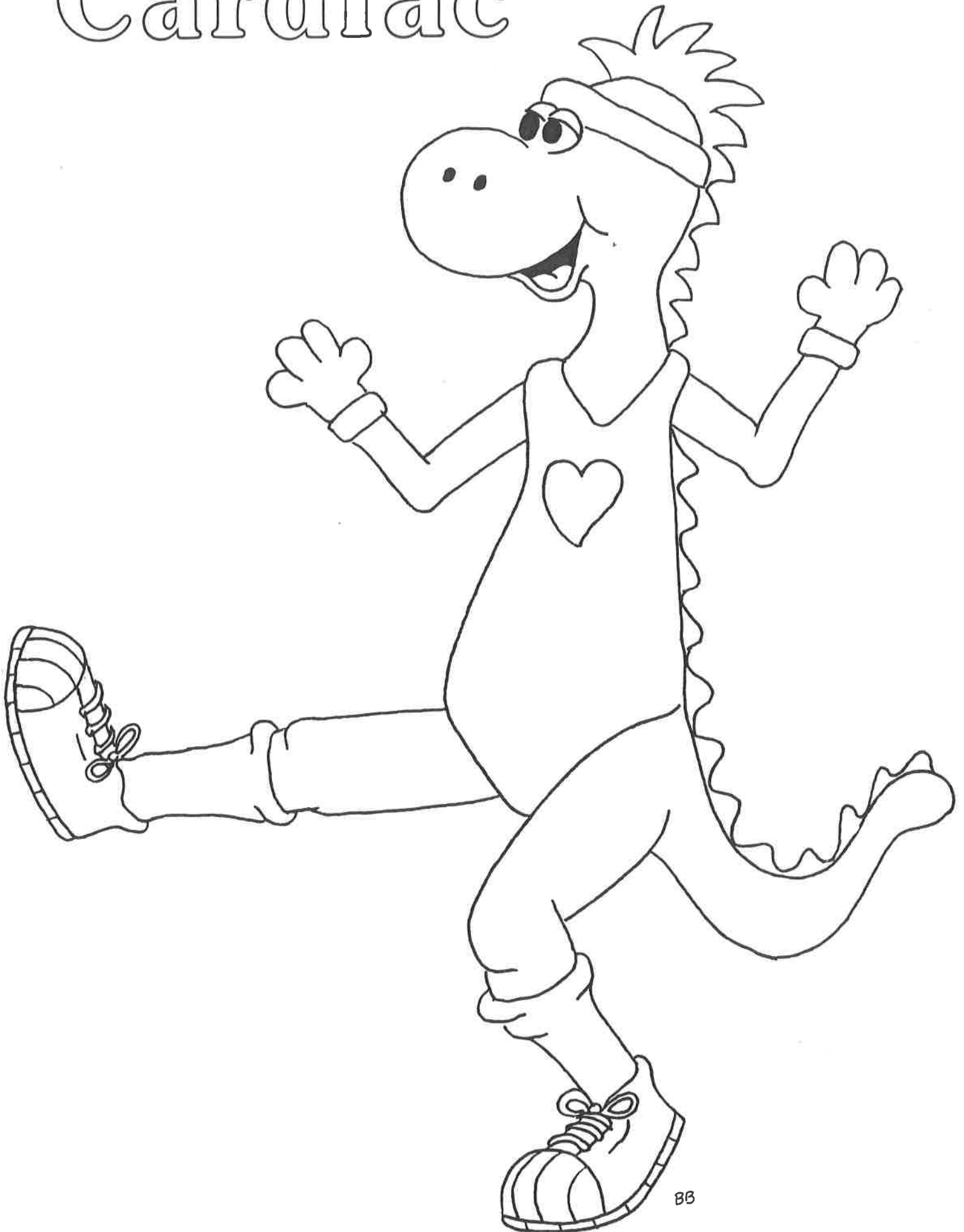
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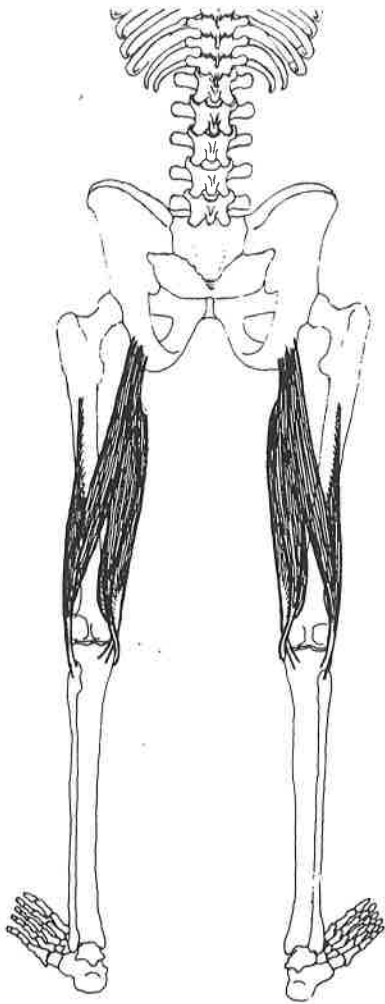
Put two fingers together, move your fingers below your jaw, and gently push on your neck. You can feel your pulse. That is the blood your heart pumps to yuour muscles so you have energy to play for a long time.

What other activities does the heart help you do for a long time?

Swim, skate, walk, and basketball.

Cardiac





Hamstrings

(The back of the thigh)
hăm' strings

Hamstrings the Dinosaur has a favorite muscle group, the hamstring muscles.

Hamstrings is a nickname for the muscle group at the back of the thigh. They get their name because their tendons are long like strings.

The hamstrings are her favorite muscle group because they help her run fast.

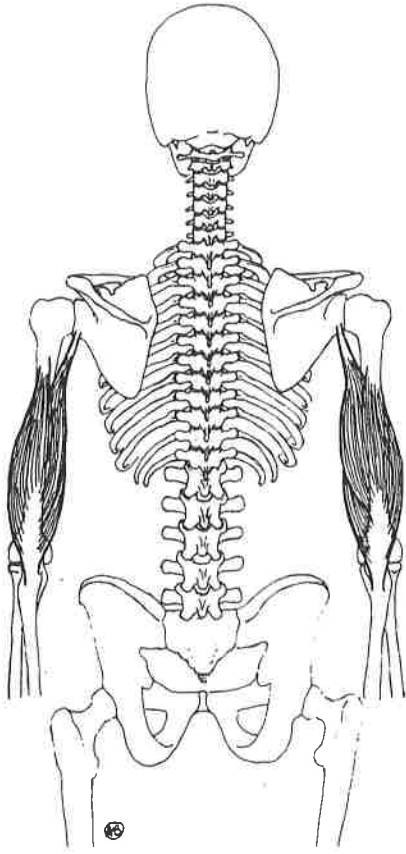
Stand on one leg and lift the heel of the other leg. Feel behind your thigh just above the back of your knee. You can feel the hamstring tendons. Now, lift your heel higher and you can feel the hamstring muscles contract. The hamstrings flex the lower leg at the knee joint.

What other kinds of skills do the hamstrings help you do?

Swim, bicycle, and jump far.

Hamstrings





Triceps

(The back of the arm)
trī sĕps

Triceps the Dinosaur has a favorite muscle, the triceps muscles.

It is called triceps because it has three heads. The “tri” part of its name means “three” and the “ceps” part means “heads.” Therefore, triceps means three heads.

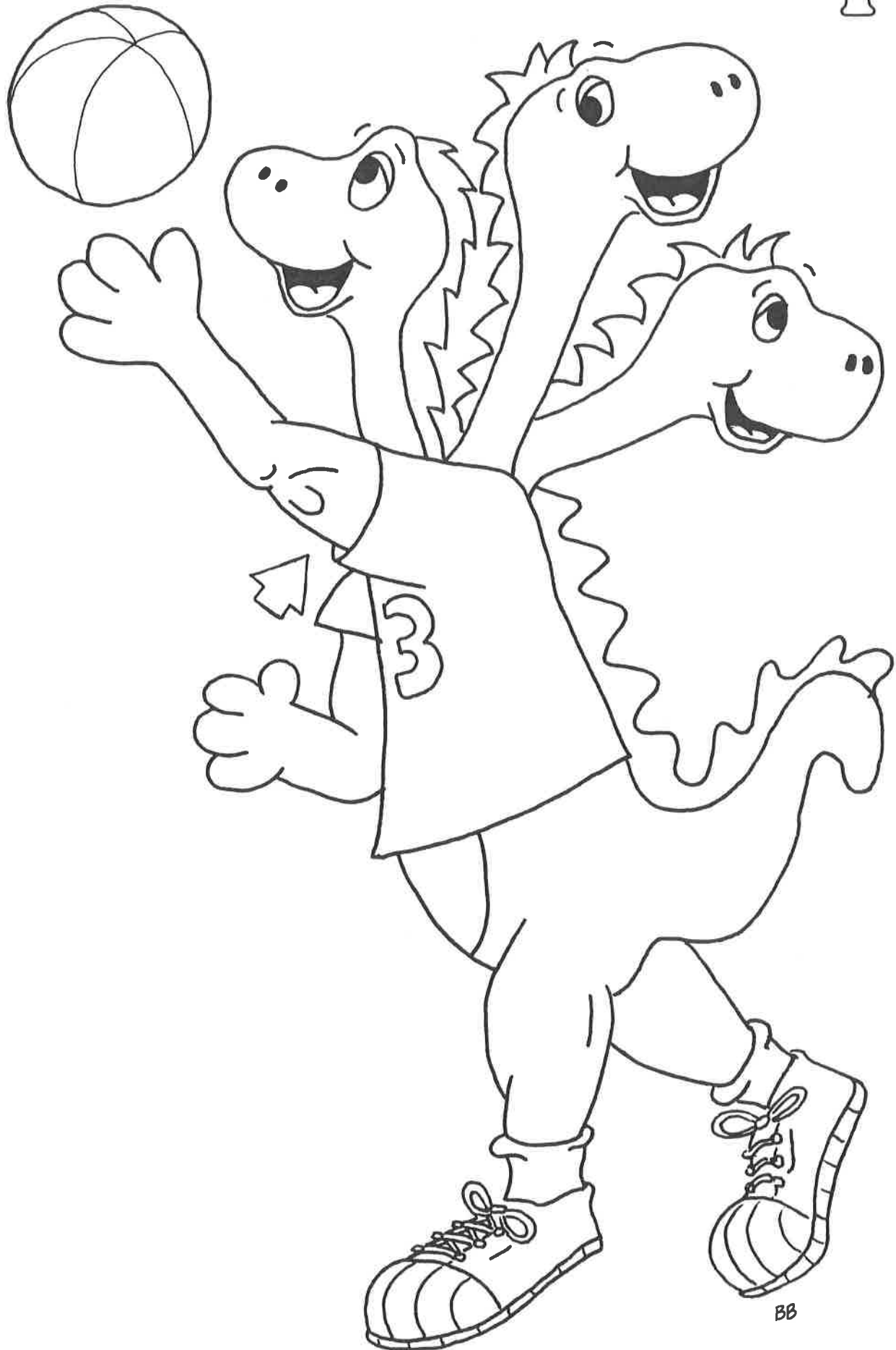
The triceps muscle is her favorite muscle because the triceps muscle helps her throw a ball farther.

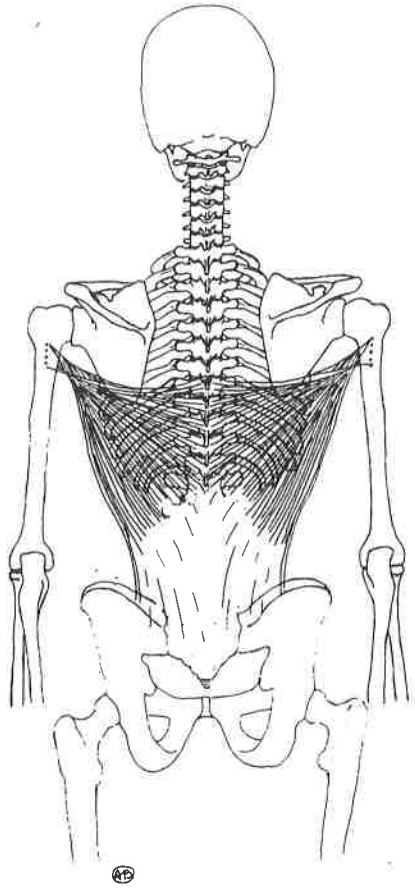
Put your hand near your head and pretend you’re going to throw a ball. Squeeze the back of your upper arm with your other hand. That’s your triceps muscle. Now, pretend to throw the ball and extend your hand away from you. You should be able to feel your triceps working. When the triceps muscle contracts, it extends the forearm at the elbow joint.

What other kinds of skills does the triceps muscle help you do?

Push-ups, swing a bat, bounce a ball, and handball.

Triceps





Latissimus Dorsi

(The sides of the back)
la'-tis' i-mŭs

Latissimus Dorsi the Dinosaur has a favorite muscle, the latissimus dorsi muscle.

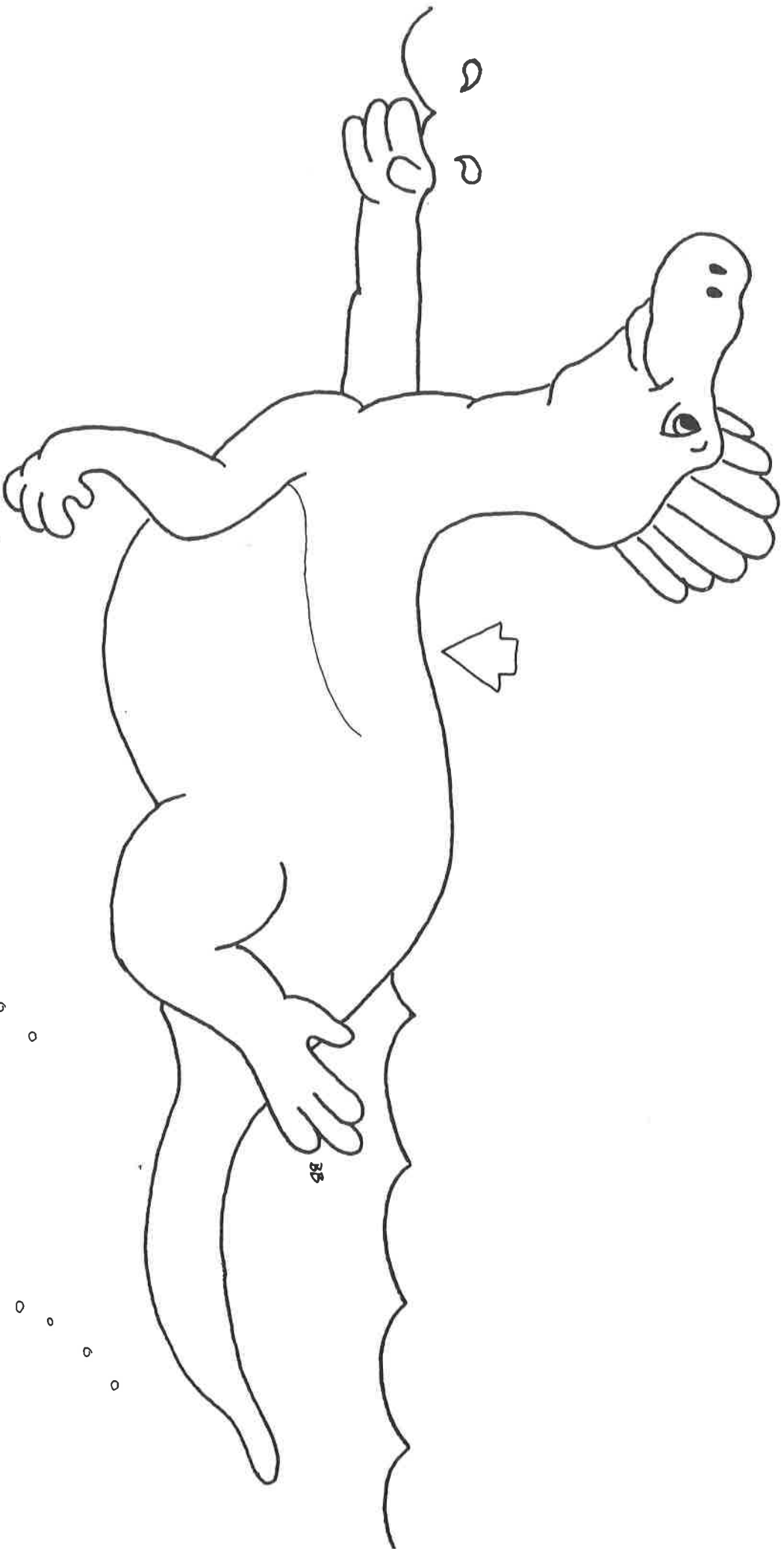
“**Latissimus**” means “**broad or wide**” and “**dorsi**” means “**back**”. Therefore, latissimus dorsi means wide back.

The latissimus dorsi is his favorite muscle because it helps him swim.

Put one hand high in the sky in front of you. With your other hand, reach around and feel your back below your arm pit. That’s the top of your latissimus dorsi. Now, bring your arm down and you can feel it work. When the latissimus contracts, it brings the arm down at the shoulder joint.

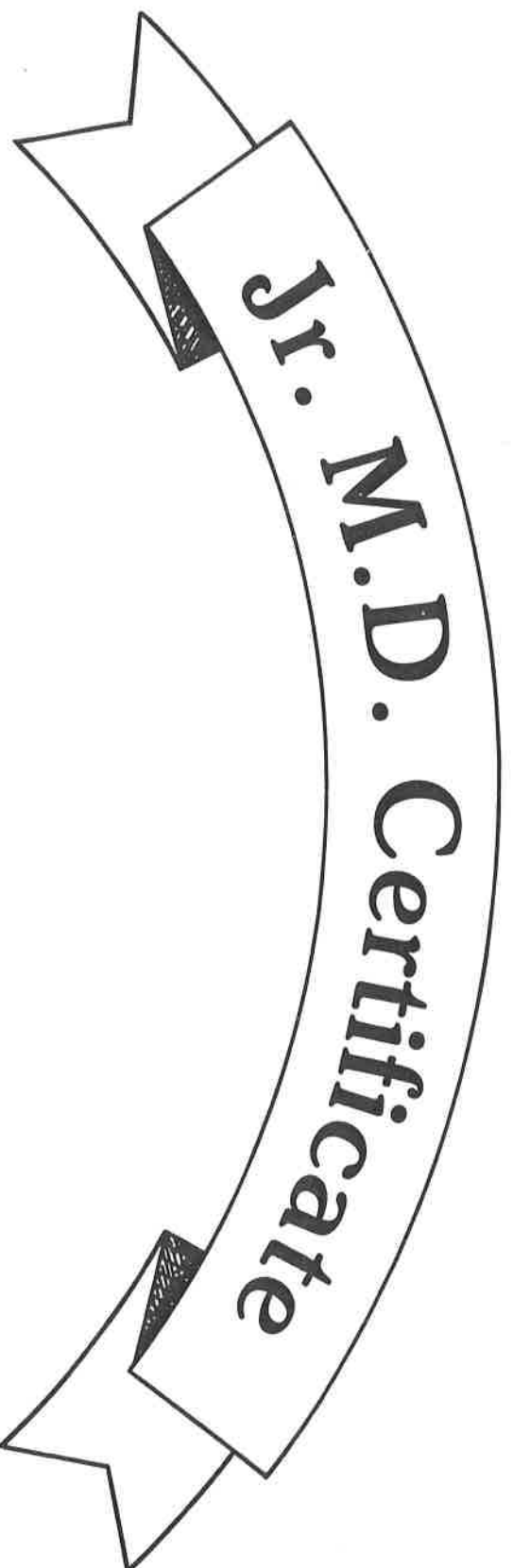
What other kinds of skills does the latissimus dorsi help you do?

Throw a ball, pull-ups, chin-ups, and jumping jacks.



Latissimus Dorsi





This Dino Diploma Officially Certifies the Merit of Honour
for Successfully Completing the Study of The Muscles.

On this day _____ of _____ in _____

A Person Who Really Knows
the Function of The Human Muscles

Conferred by

Teacher _____

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