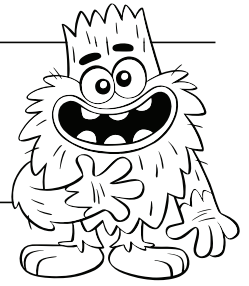


Name _____

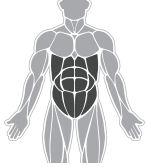
Date _____



Flex Your Muscles!

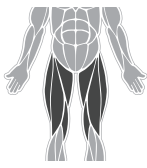
Check out the **Flex** video on the **Awesome Sauce** channel.

Try at least one exercise in each muscle group. If possible, put your hand on the muscle you are using to feel it work. After you finish the exercises, fill in the blanks below.



Abdominals

- Do 5 sit-ups.
- Move from sitting to standing 5 times.
- Pick up something from the floor 5 times.



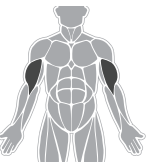
Quadriceps

- Squat to pick up something 5 times.
- Jump up and down 5 times.
- Climb at least 5 stairs.



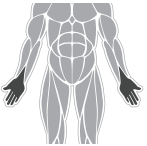
Deltoids

- Do 5 push-ups.
- Raise your hand 5 times.
- Do a plank and hold it for 5 seconds.



Biceps

- Bend your elbow 5 times.
- Do biceps curls 5 times: Hold your arms straight out in front of you. Keeping your arms tight, lift your hands to your shoulders and then back down in front of you.
- Rotate your arm so your palm faces up 5 times.



Hand Muscles

- Make a tight fist for 5 seconds and then release it and spread out your fingers.
- Stretch out your fingers as far as they will go for 5 seconds and then relax them.
- Press the tip of your thumb to each fingertip and hold it for 5 seconds.

My favorite exercise was _____ because _____

_____.