

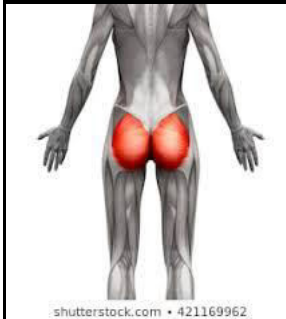
# Chromebook Fitness by Rebecca Meyer @RM\_SHES\_PE

## Name the Muscles ~ Strength Exercises







Select the correct name of each highlighted muscle from the drop down menu on the right side of the empty box. Correct answers will change to the color in that area, while the box

[Click Here For a 1:00 Timer](#)

### Calf Raises -- 1 minute

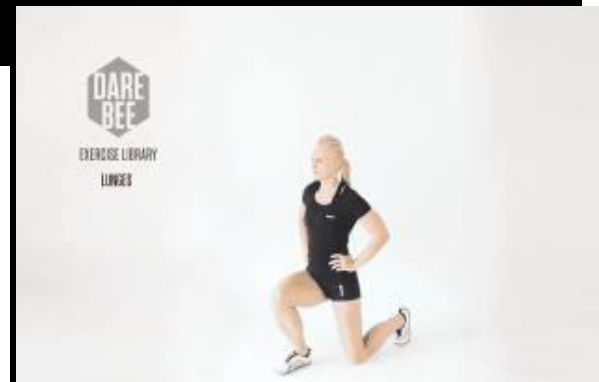
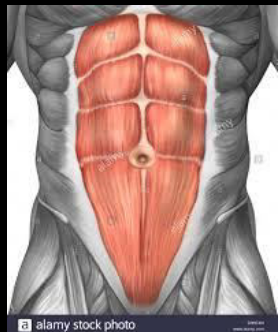


### Bridge -- 1 minute

 <p>alamy stock photo</p>	 <p>alamy stock photo</p>	 <p>DARE BEE EXERCISE LIBRARY BRIDGE</p>
<div>Elbow Plank Arm Raises -- 1 minute</div>		
 <p>shutterstock.com • 489727177</p>	 <p>alamy stock photo</p>	 <p>DARE BEE EXERCISE LIBRARY ELBOW PLANK: ARM RAISES</p>
<div>Heel Taps -- 1 minute</div>		

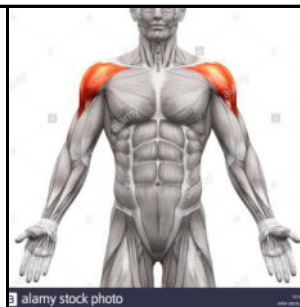


Lunges -- 1 minute



Push-Ups -- 1 minute





Donkey Kicks -- 1 minute

What Major  
Muscle  
Group is  
being  
worked in  
this



Raised Arm Circles -- 1 minute



What Major Muscle Group is being worked in this



Squats-- 1 minutes

Name the leg muscles being worked in this exercise

Front of body

Back of body



Sitting Twists- 1 minute

Identifies m	What Major Muscle Group is being worked in this			