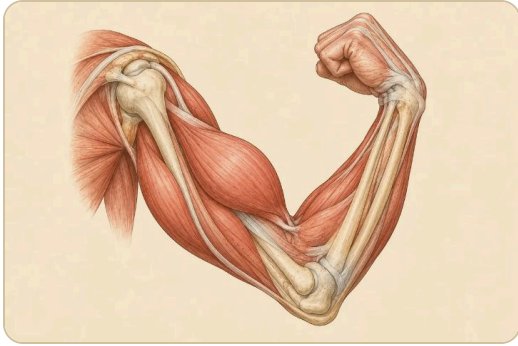


Name: _____

Date: _____

How many muscles are in the human body?



READ

The body has more than 600 muscles. They attach to bones, and when they shorten, they pull the bone and make you move. Because muscles can only pull, they work in pairs: one bends, the other straightens.

1 Which part is it? Use the words in the box.

Chest (pectoral)

Deltoid (shoulder)

Trapezius

1. The big muscle that runs from your neck to the middle of your back. It works when you shrug your shoulders. _____
2. The rounded muscle of the shoulder. It lifts your arm forward, to the side and back. _____
3. The big chest muscle. It works when you hug someone or push a door. _____

2 Match each part to what it does. Write the letter.

- | | |
|--|---|
| ☐ 1. Neck muscles | A. Steadying and rotating the shoulder |
| ☐ 2. Back-of-shoulder muscles | B. Turning and holding up the head |
| ☐ 3. Biceps | C. Straightening the elbow |
| ☐ 4. Triceps | D. Bending the elbow |

3 True or false? Write T or F.

- ☐ 1. **Trapezius:** moving the wrist and fingers
- ☐ 2. **Deltoid (shoulder):** lifting the arm
- ☐ 3. **Chest (pectoral):** hugging and pushing
- ☐ 4. **Forearm muscles:** lifting the shoulders and steadying the upper back

4 Think and answer

What is the largest muscle in the body?



Spin it in 3D and read more
anatomytour.com/en/muscles

Answer key: How many muscles are in the human body?

1 Which part is it?

1. Trapezius
2. Deltoid (shoulder)
3. Chest (pectoral)

2 Match each part to what it does.

1. B
2. A
3. D
4. C

3 True or false?

1. F (Trapezius: lifting the shoulders and steadying the upper back)
2. T
3. T
4. F (Forearm muscles: moving the wrist and fingers)

4 Think and answer

The gluteus maximus, in the buttock. The longest is the sartorius, which crosses the thigh.

