**LOS ANGELES HARBOR COLLEGE**

**WEIGHT TRAINING KIN 350-2**

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| **Final Study Guide****\*\*Know one action of each muscle\*\*** |
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|  | **Muscle** | **Action** |
| 1) | Biceps | Flexes the front upper arm |
| 2) | Triceps | Extends the back upper arm |
| 3) | Pectoralis | Flexes, adducts, and rotates arm |
| 4) | Abdominals | Flexes the spine, rotates trunk to opposite side, pelvic tilt anteriorly |
| 5) | Quadriceps | Extends the knee, flexes the hip, stabilizes patella |
| 6) | Hamstrings | Flexes the knee, extends the hip |
| 7) | Gluteus Maximus | Extends and laterally rotates the hip, abducts the thigh, stabilize the extended knee |
| 8) | Latissimus Dorsi | Extends, adducts, and medially rotates the arm.  |
| 9) | Trapezius | Laterally rotates, elevates, and retracts scapula. If scapula is fixed, extends and laterally flexes neck. |
| 10) | Gastrocnemius | Plantar flexes foot and flexes knee.  |
| 11) | Deltoid | Abducts arm, anterior fibers flex and medially rotate, posterior fibers extend and laterally rotate. |
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