

Name: _____

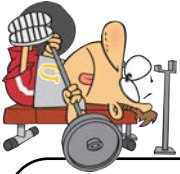
Date: _____



When muscles work hard they need more blood flowing to them to provide them with more oxygen. Which muscles would have more blood flowing to them than usual in these pictures?

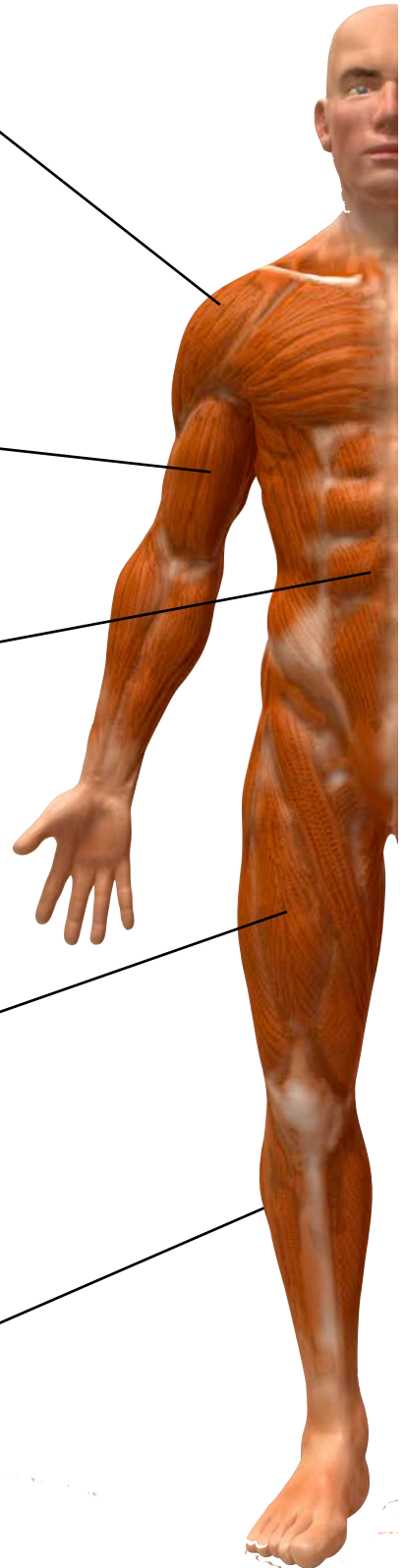


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Identify each of these different groups of muscles, then think of some specific exercises that would increase blood flow to each one when they are exercised. List as many ideas as you can.

Five large, empty rounded rectangular boxes for writing, arranged vertically on the left side of the page.



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Workout Request Plan



Objectives:

I would like a complete workout that uses lots of the different muscles in my body. I also want to do some aerobic exercise to keep my heart healthy. I'm not sure how muscles really work or how to keep them in shape. Can you help?

How muscles work:

Why muscles ache when you are exercising:

Exercise 1:

Exercise 2:

Exercise 3:

Exercise 4:

Exercise 5:

Major Muscles of the Human Body

