THE MUSCULAR SYSTEM

HUMAN BODY *What each part does*

Muscles move the body and hold it upright. This diagram shows the main muscles from the front and from the back.

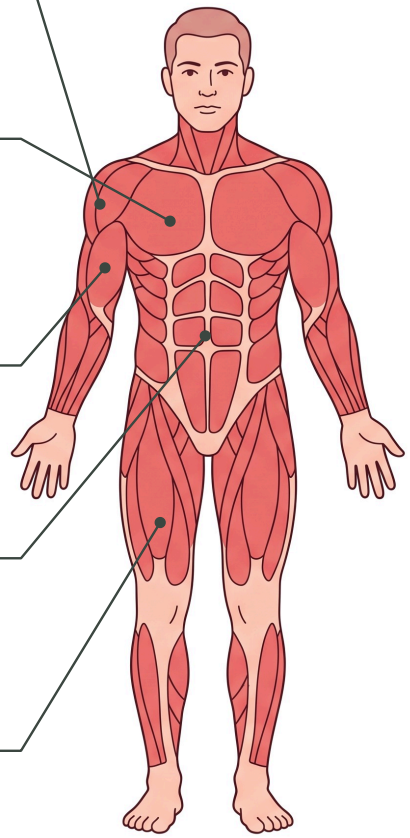
Deltoid
The shoulder muscle. It lifts the arm.

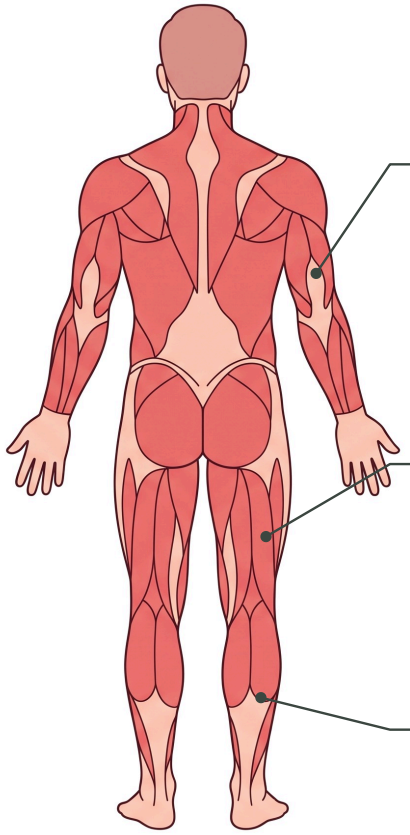
Pectorals
The chest muscles. They pull the arms forward and across the chest.

Biceps
The muscle on the front of the upper arm. It bends the elbow.

Abdominals
The muscles over the belly. They help the body bend forward.

Quadriceps
The muscles on the front of the thigh. They straighten the knee.





Triceps
The muscle on the back of the upper arm. It straightens the elbow.

Hamstrings
The muscles on the back of the thigh. They bend the knee.

Gastrocnemius
The calf muscle. It lifts the heel when you walk.