Muscle “superhero” project

Select a muscle out of the choices given:

With that muscle you will:

 identify where it originates and insert.

If a person’s superpower was superhuman strength( but just for that muscle) what would they be very powerful doing?/ how would they fight crime?

What would be 3 activities that superhero would be very good at?

What is that hero’s kryptonite? (how does that muscle get stretched/torn)

 Identify the motion that stretches it

 Come up with 3 sample scenarios where that muscle could get torn

How to maintain superhuman strength?

 Come up with 3 rehab/weight lifting exercises that strengthen that muscle.

Illustration:

Come up with an illustration/image of what the superhero would look like (where that muscle is must be large)

1. Tibialis anterior- akshita
2. Gastrocnemius- a’nya
3. Rectus femoris- laksheeta
4. Vastus medialis- alyssa
5. Biceps femoris- jay
6. Sartorius- Jeffrey
7. Tensor fascia latae/
8. Gluteus maximus- andrew
9. Gluteus medius- cat
10. Gracilis- jill
11. Iliopsoas- olivia G
12. Rectus abdominus-taylor
13. Internal/external oblique- hailey T
14. Latissimus dorsi- kevin
15. Trapezius- alexis
16. Rhomboid major- Claire c
17. Pec major- cole
18. Serratus anterior hannah
19. Subscapularis-
20. Infraspinatus-
21. Deltoid- akul
22. Biceps- paige
23. Triceps – john
24. Brachioradialis- Reilly
25. Extensor carpi radialis-
26. Palmaris longus- ayesha
27. Flexor pollicus longus- avery
28. Flexor digitorum profundus (hand)- della