

**PAF40 – MUSCLES TO KNOW #1**  
**Use a Pencil Crayon to Colour Each Muscle or Muscle Group**

- ❶ - □ - Light Blue – brachioradialis – pronates or rolls arm inward
- ❷ - □ - Blue – wrist flexors – flexes wrist
- ❸ - □ - Violet – brachialis – flexes arm, lifts arm forward/upward
- ❹ - □ - Red – biceps brachii (bi's) – flexes arm
- ❺ - □ - Pink – triceps brachii (tri's) – extends arm
- ❻ - □ - Orange – pectoralis major (pecs) – draws arm forward
- ❼ - □ - Brown – latissimus dorsi (lats) – draws arm backward
- ❽ - □ - Light Green – serratus anterior (shark gills) – helps draw arm upward
- ❾ - □ - Green – deltoid (delts) – raises arm up from side & back & forwards
- ❿ - □ - Yellow - trapezius (traps) – shrugs shoulders

