

Cadaver #:

_____, _____, _____

1. Can you identify the *brachioradialis* muscle? What is its *nickname*? Which *grip during a biceps curl* stresses this muscle?
2. Is the *patella* visible? What is its *nickname*? Can you find the *tibia*? What is its *nickname*? Where does the *patellar tendon* insert onto the tibia? Is it *patellar tendon* or a *ligament*? Explain briefly.
3. Can you find the *biceps brachii long* and *short* heads? What *two actions* does the biceps brachii do? Where is the *brachialis* compared to the biceps? What *grip* isolates the *brachialis*?
4. Identify the *rectus abdominis*, *external oblique* and *internal oblique* muscles if dissected. Is the dissection completed enough for you to isolate the *transversus abdominis muscle*? What *exercise/s* stress/es the *rectus abdominis*? What movements emphasize *oblique muscles*?
5. Any *abdominal muscles* visible at this station, that were not visible at station 4?
6. Identify the gluteal and posterior thigh/hamstring muscles. Is the dissection completed enough to differentiate *gluteus maximus*, *medius* and *minimus* muscles? Can you identify the *biceps femoris*, *semitendinosus* and *semimembranosus* muscles? What *exercise/s* work/s *gluteal and hamstring* muscles, simultaneously?
7. Identify the *triceps brachii*. List all *three heads* below. What *exercise/action* works the *posterior arm*?
8. Can you identify the *trapezius* and *posterior deltoid* muscles? What are these *muscles shaped* like, respectively? What *exercises* help *isolate* these two muscles?