

## ANATOMY LAB 2 EXPLORATION

Please list all names of members in your group rotation:

\_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

Your goal is to complete the 5 discovery/treasure hunt questions by working collaboratively with members of your group. Have one group member who was not the recorder last week serve as recorder for this lab session. Others can be primary cadaver or reference investigators. Remember, if you switch roles, be sure to change gloves to avoid cross-contamination of pens and references. Also, be extremely careful when searching for structures and cover/drape body sections you are not examining. (NB: cadaver #s in parentheses)

1. Identify & list *muscles* that are *worked specifically* by the *straight & bent-knee calf raise*. Which muscles are stressed most by which *unique form* of the calf raise? (6-8)
2. Identify *anterior thigh muscles* worked by the *leg extension exercise*. Name these *four anterior thigh muscles* specifically in the space below. Which of these four (sub-) muscles is worked specifically by the last 10-15<sup>0</sup> of the leg extension? (1-5)
3. Find and identify muscles that are worked specifically by the *chest fly*. Why is this exercise described like "hugging an oak tree" or "hugging grandma"? Which *joint/joints* should be stabilized *during the chest fly*? What muscle groups are activated by the *bench press*, but not by the *chest fly*? (1-5)
4. Find and identify *three major muscle groups* worked by the *military press*. Classify this exercise as *squat* or *push* or *pull*. Which muscle groups activated by the *military press* are not exercised extensively by the *bench press*? Which muscle groups worked by the *bench press* are not exercised extensively by the *military press*? (1-8)
5. Identify and list below at least *three major muscle groups* worked by the *lat pull*. Classify this exercise as *squat* or *push* or *pull*. Can you find *subsections* or *unique parts* of any of these major muscle groups? If so, *identify them* below? Can the *subsections* you've chosen be *isolated* based on the specific *exercise* or *grip performed*? (1-8)