Muscles

Memorize the short poem below.

Biceps Flex,

Triceps Flex,

Lats pull!

Pecs push,

Traps push,

Abs crunch!

Quads, up, up.

Delts, up, up.

Hamstrings hold and spinae! (spiiiiiiiiiii-naaaaaae)

Watch this video and learn the movements and show me you know the dance with the words when you turn in your make-up form in class:

<https://youtu.be/lIfKsVivWls>