

# Muscle Mania Task Card I

## Directions:

1. This is a picture of where the tricep muscle is located on the body.

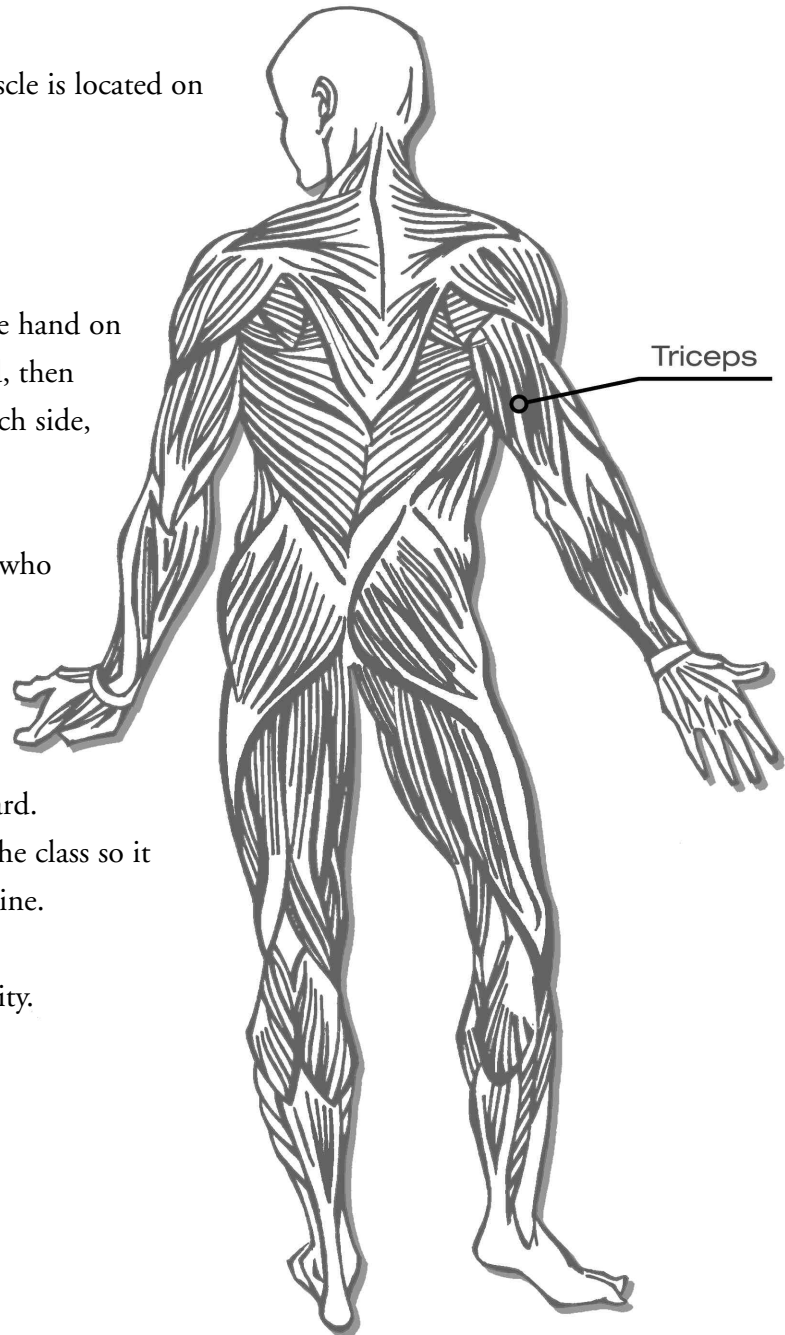
### Description of Stretch:

Place your hands behind your head with one hand on the opposite elbow. Pull elbow towards head, then repeat using other arm. Repeat five times each side, holding for 30 seconds each time.

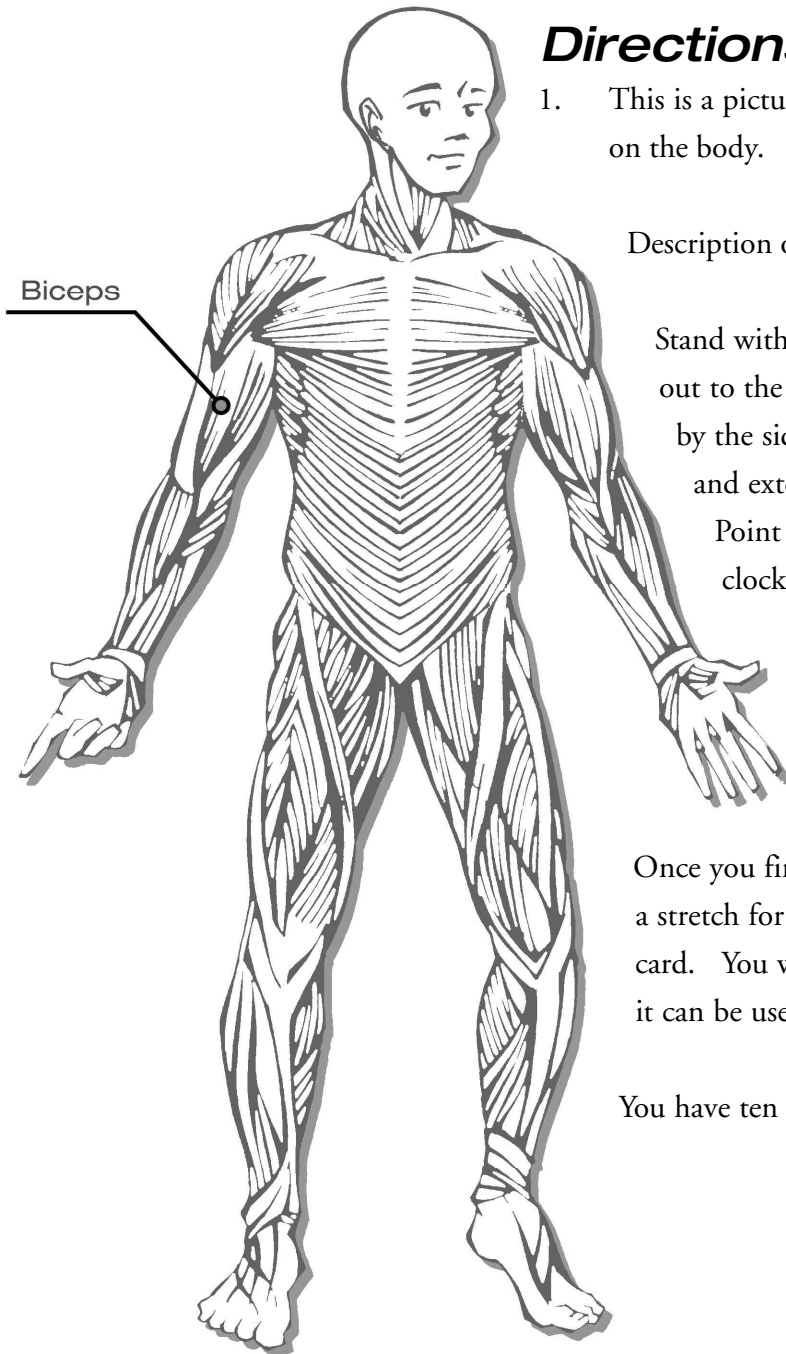
Your task is to find the same person/people who is/are performing the same exercise.

Once you find the others in your group, your group will create a stretch for the same muscle group identified on this task card. You will be presenting your new stretch to the class so it can be used in a warmup or cool down routine.

You have ten minutes to complete this activity.



# Muscle Mania Task Card 2



## **Directions:**

1. This is a picture of where the bicep muscle is located on the body.

### Description of Stretch:

Stand with feet shoulder width apart. Extend your right arm out to the side of the body and place your left hand down by the side of your left hip. Turn your right shoulder out and extend the right arm back approximately 30 degrees. Point your fingers out and rotate your arm in a clockwise direction for 20-30 seconds. Switch to the left arm and repeat. Repeat sequence five times.

Your task is to find the same person/people who is/are performing the same exercise.

Once you find the others in your group, your group will create a stretch for the same muscle group identified on this task card. You will be presenting your new stretch to the class so it can be used in a warmup or cool down routine.

You have ten minutes to complete this activity.

# Muscle Mania Task Card 3

## Directions:

1. This is a picture of where the hamstring (bicep femoris) muscle is located on the body.

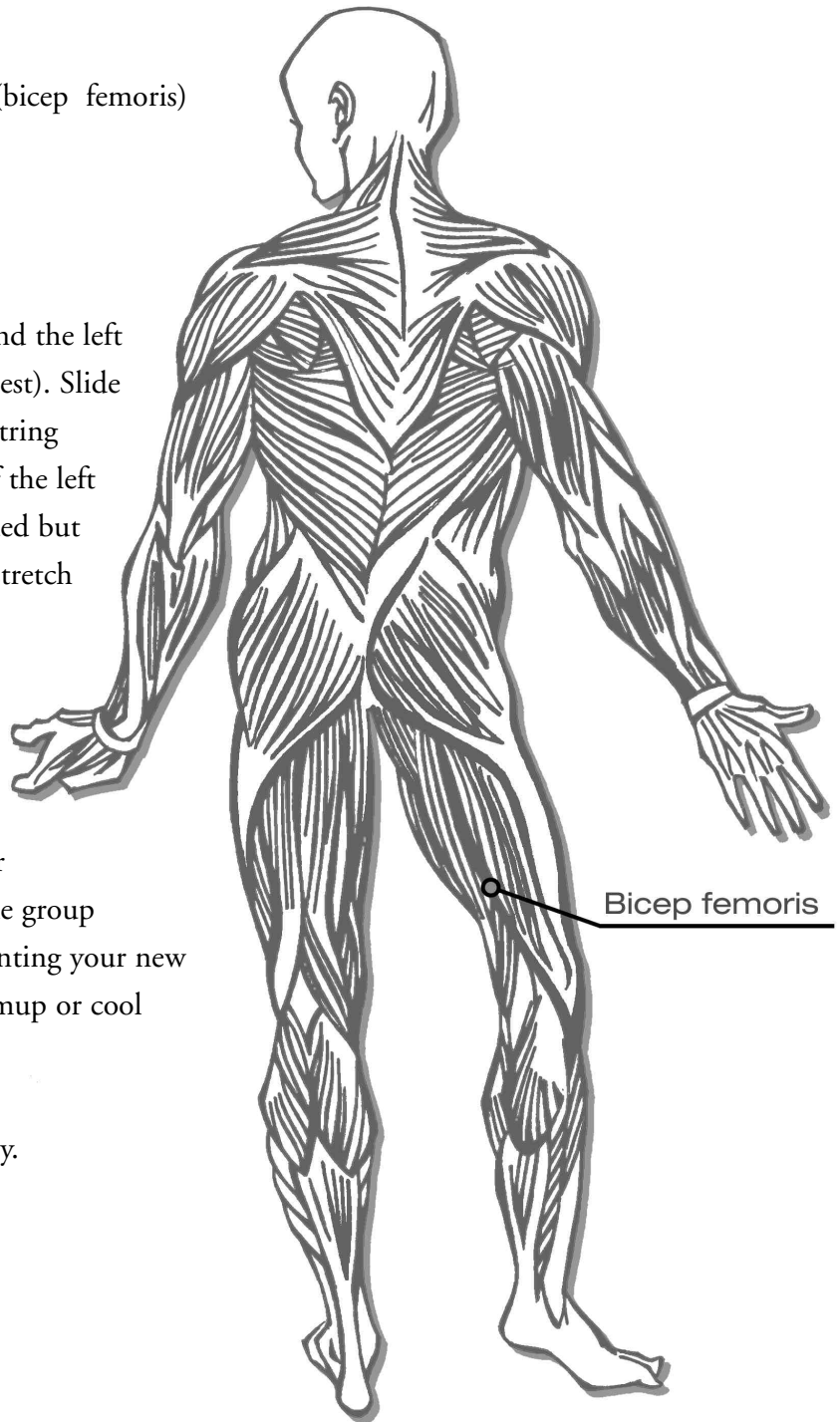
### Description of Stretch:

Sit on the floor with the right leg extended and the left leg bent (the left knee will be next to your chest). Slide the bent leg down and stretch the right hamstring keeping the chest pressed against the thigh of the left leg. Your lower back should be slightly rounded but DO NOT round the upper back. Hold this stretch for 30 seconds.

Your task is to find the same person/people who is/are performing the same exercise.

Once you find the others in your group, your group will create a stretch for the same muscle group identified on this task card. You will be presenting your new stretch to the class so it can be used in a warmup or cool down routine.

You have ten minutes to complete this activity.



# Muscle Mania Task Card 4

## Directions:

1. This is a picture of where the forearm flexor muscles are located on the body.

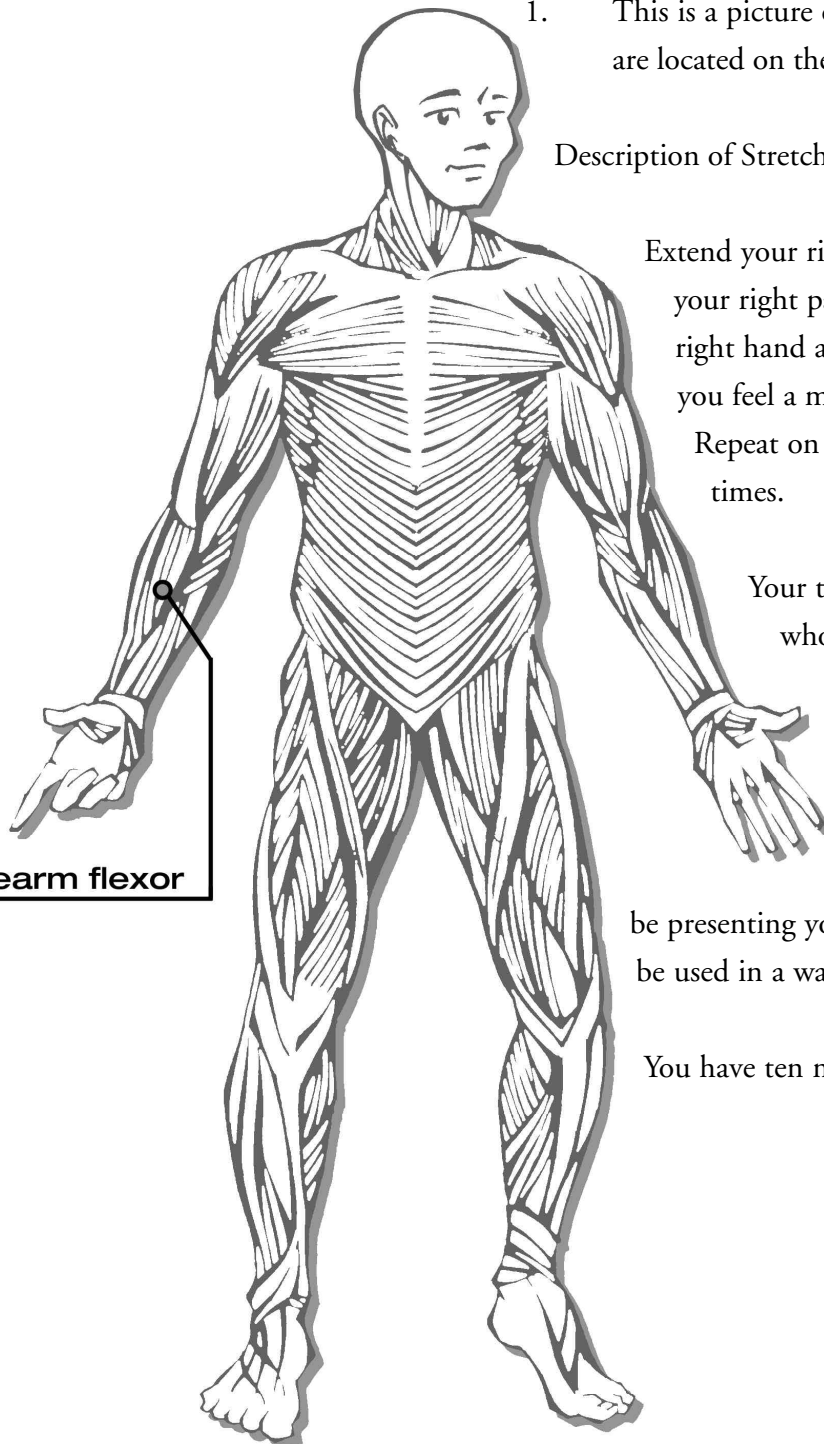
### Description of Stretch:

Extend your right hand in front of you and turn your right palm up. Grab the fingertips of the right hand and pull them downwards gently until you feel a mild stretch. Hold for 30 seconds. Repeat on left hand and repeat sequence five times.

Your task is to find the same person/people who is/are performing the same exercise.

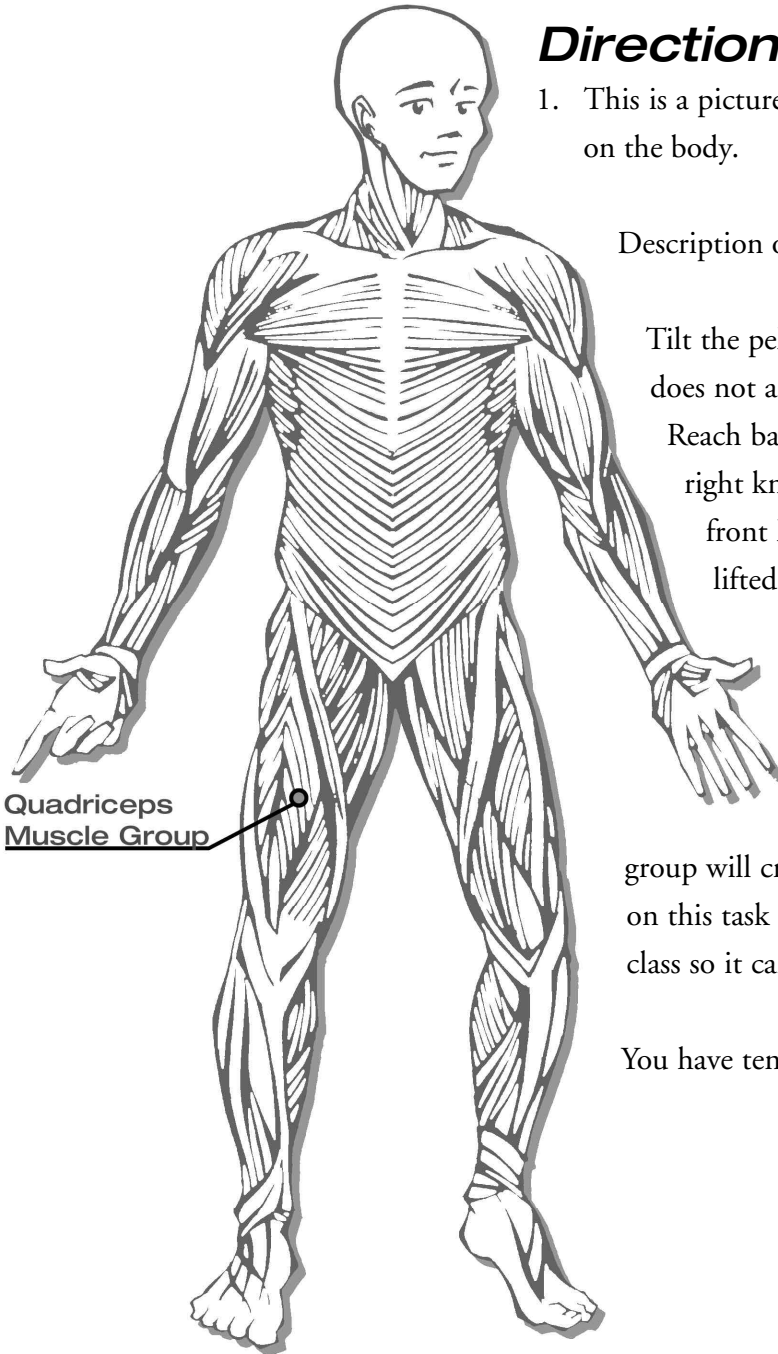
Once you find the others in your group, your group will create a stretch for the same muscle group identified on this task card. You will be presenting your new stretch to the class so it can be used in a warmup or cool down routine.

You have ten minutes to complete this activity.



**Forearm flexor**

# Muscle Mania Task Card 5



## Directions:

1. This is a picture of where the quadricep muscle is located on the body.

### Description of Stretch:

Tilt the pelvis back and contract your abdominals so your back does not arch. Lift the right ankle toward the gluteus maximus. Reach back with the right hand and hold your ankle. Your right knee should be pointing toward the floor. Press the front hip forward. Keep your chest, abdominals and head lifted up. Feel a mild stretch and hold for 30 seconds.

Your task is to find the same person/people who is/are performing the same exercise.

Once you find the others in your group, your group will create a stretch for the same muscle group identified on this task card. You will be presenting your new stretch to the class so it can be used in a warmup or cool down routine.

You have ten minutes to complete this activity.

# Muscle Mania Task Card 6

## Directions:

1. This is a picture of where the gluteus maximus muscle is located on the body.

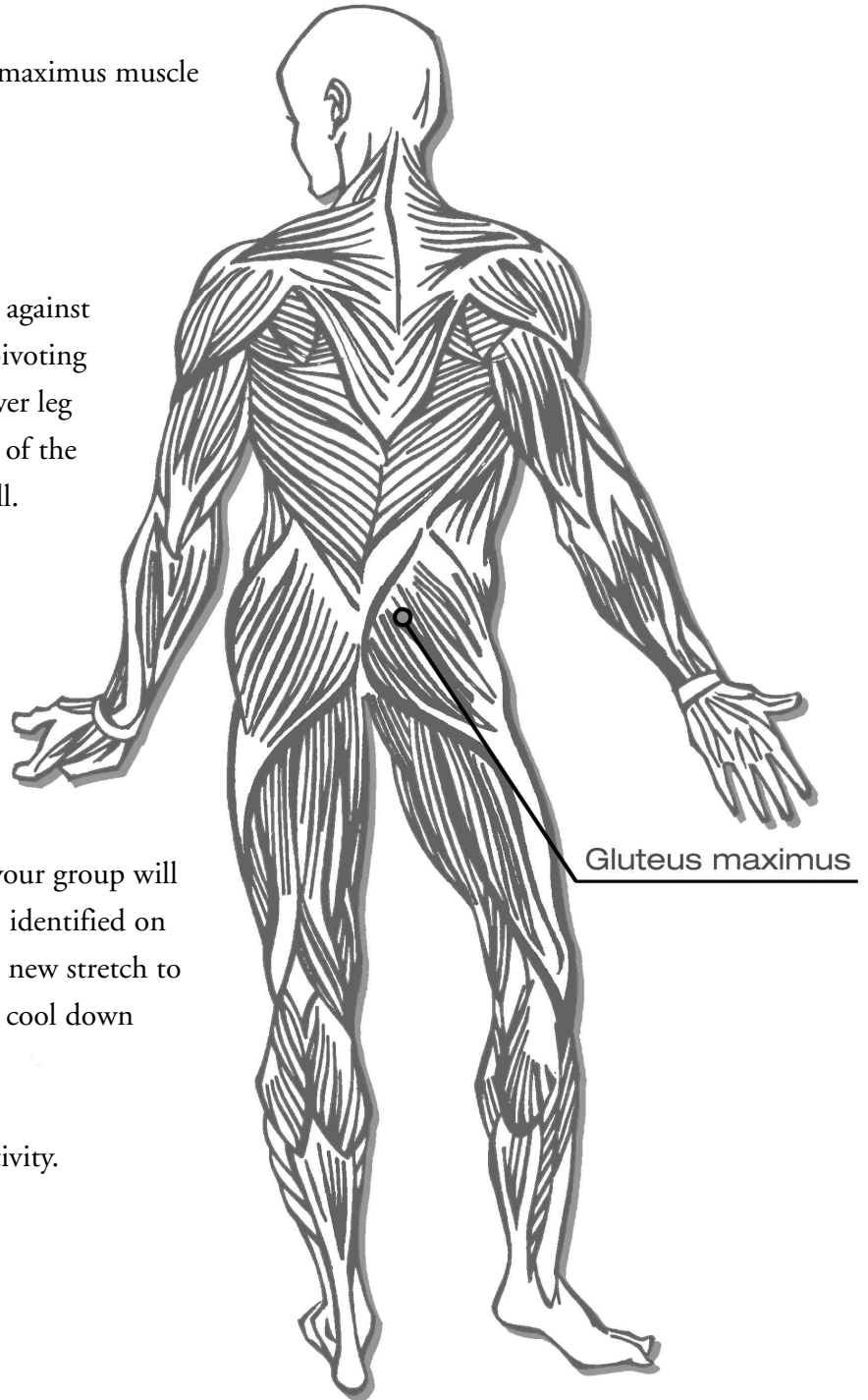
## Description of Stretch:

Sit on floor with your right hip and thigh against wall. Lift back of legs up against wall by pivoting on hips and lying on back. Cross your lower leg over thigh of straight leg. Bend your knee of the straight leg while lowering the heel on wall. Hold stretch for 30 seconds. Repeat with opposite leg.

Your task is to find the same person/people who is/are performing the same exercise.

Once you find the others in your group, your group will create a stretch for the same muscle group identified on this task card. You will be presenting your new stretch to the class so it can be used in a warmup or cool down routine.

You have ten minutes to complete this activity.



# Muscle Mania Task Card 7

## Directions:

1. This is a picture of where the calf muscle is located on the body.

### Description of Stretch:

While standing, place your right heel forward with the knee extended. Lean forward and grasp your right toe with your right hand. Your left knee should be slightly bent and your back should be straight (not rounded). Support your weight on the left leg and place your left hand on the left thigh. Pull your right toes toward your right knee keeping the knee slightly bent. Get to the point of a mild stretch and hold for 30 seconds. Switch legs.

Your task is to find the same person/people who is/are performing the same exercise.

Once you find the others in your group, your group will create a stretch for the same muscle group identified on this task card. You will be presenting your new stretch to the class so it can be used in a warm up or cool down routine.

You have ten minutes to complete this activity.

