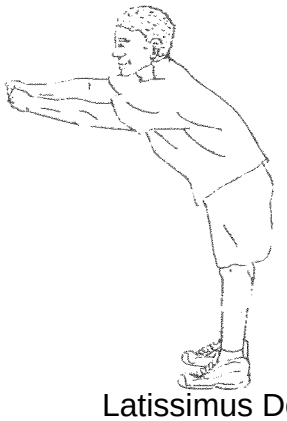
STRETCH MARKS THE SPOT HANDOUT

Place an X on the body part where you feel the stretch and write the name of the muscle group next to it.



Latissimus Dorsi



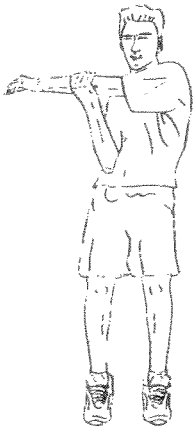
Bicep



Tricep



Pectoralis Major



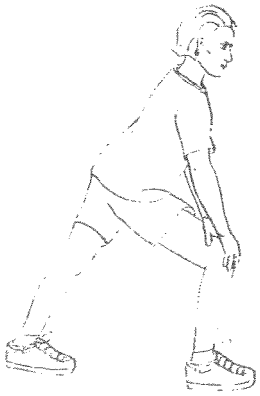
Deltoid



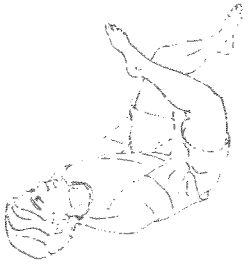
Hamstring



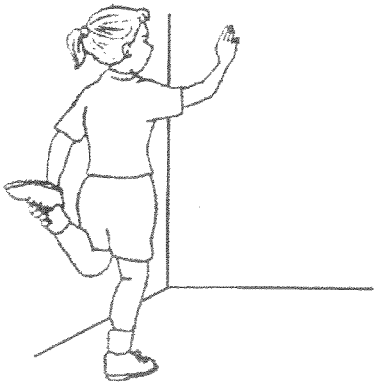
Groin



Gastrocnemius



Gluteus Maximus



Quadricep

Activity 5.1 Stretch Marks the Spot Handout

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).