Simon Says

Instructions: This picture points out different muscles and joints. You can use it to help you remember where some of your muscles and joints are, in case you forget while you’re playing Simon Says.

- **pectoral**: (chest muscle)
- **bicep**: (muscle)
- **abdominal**: (belly muscle)
- **hip**: (joint between legs and upper body)
- **quadricep**: (thigh muscle)
- **ankle**: (joint between foot and lower leg)
- **shoulder**: (joint between upper arm and shoulder)
- **deltoid**: (shoulder muscle)
- **elbow**: (joint between upper and lower arm)
- **wrist**: (joint between hand and lower arm)
- **knee**: (joint between upper and lower leg)