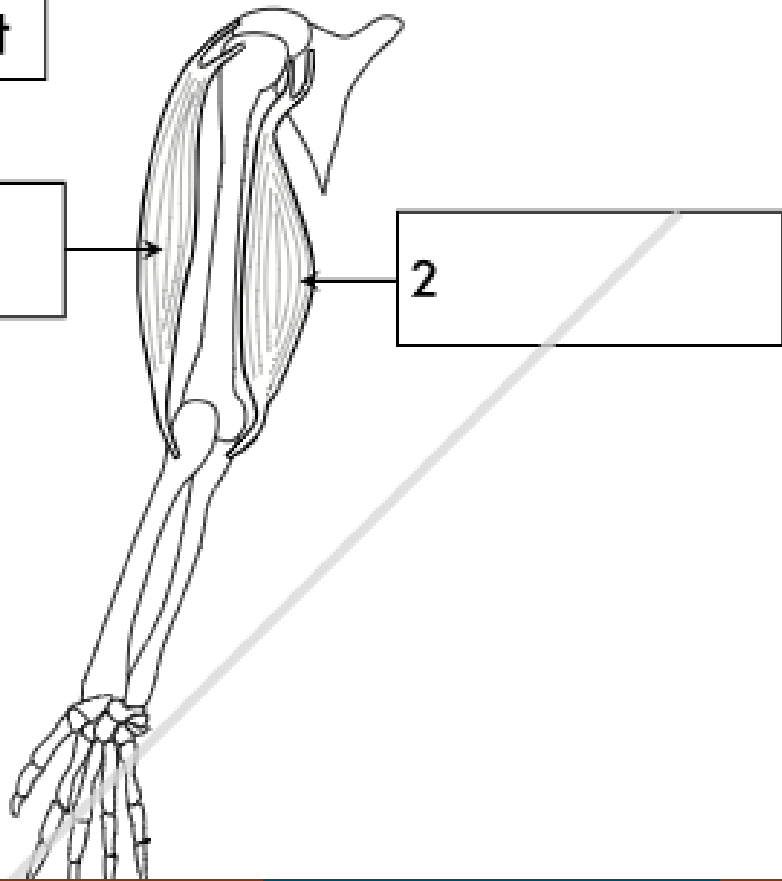


☆ In the two diagrams below, colour in the bicep muscle pink and the tricep muscle blue. Then fill in the four boxes with one of these labels: **tricep contracts** **tricep relaxes** **bicep contracts** **bicep relaxes**

Arm Straight



Arm Bent

