

Module One Task

When you have completed your first module, Understanding types of muscles and the main muscle groups, you will complete the following task:

Research one main muscle group eg. Pectoral muscles, triceps, abdominal muscles etc.

This task will help you understand how our muscles work and why they are important.

What should you include?

- Name of the muscle group
- Where in the body are they found?
- What is their purpose?
- How can you strengthen this muscle group?

.