
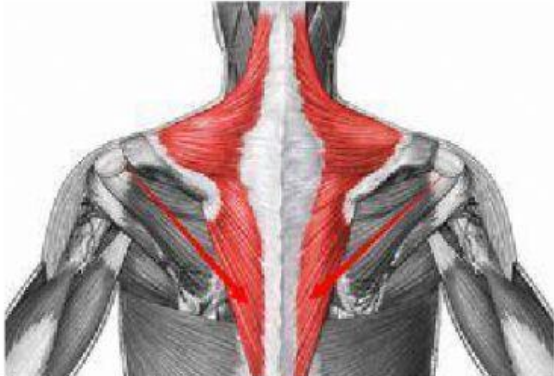
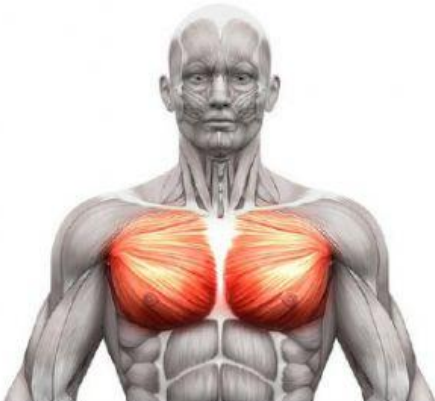

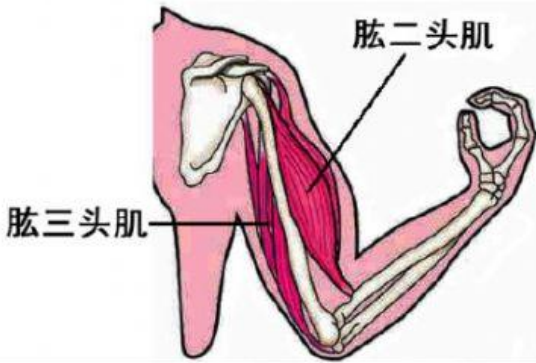
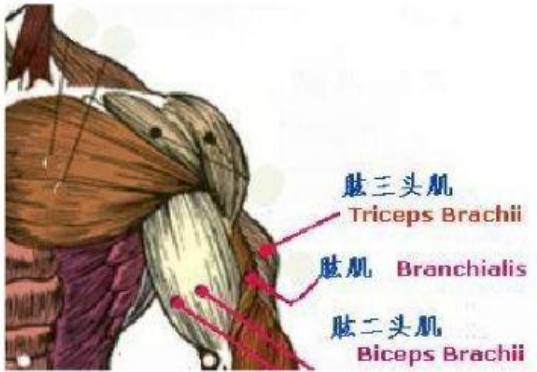


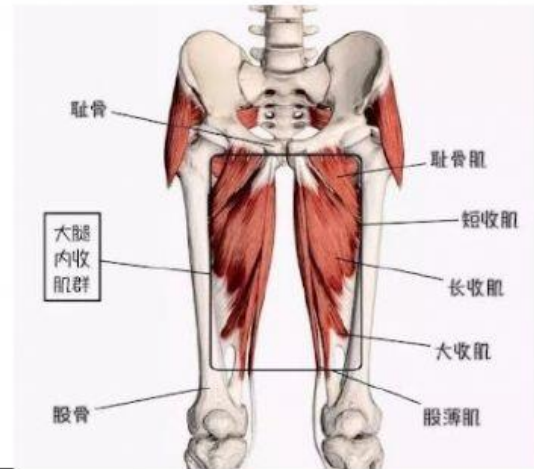
4.3.2 能说出在做伸展动作时所用到的主要肌肉。

<p>jǐng kuò jī 颈阔肌 (Platysma)</p>  <p>颈阔肌</p>	<p>xié fāng jī 斜方肌 (Trapezius)</p> 
<p>xiōng dà jī 胸大肌 (pectoralis major)</p> 	<p>qián bì jī 前臂肌 (forearm muscle)</p> 
<p>gōng èr tóu jī 肱二头肌 (biceps brachii)</p>  <p>肱二头肌</p> <p>肱三头肌</p>	<p>gōng sān tóu jī 肱三头肌 (triceps brachii)</p>  <p>肱三头肌 Triceps Brachii</p> <p>肱肌 Branchialis</p> <p>肱二头肌 Biceps Brachii</p>

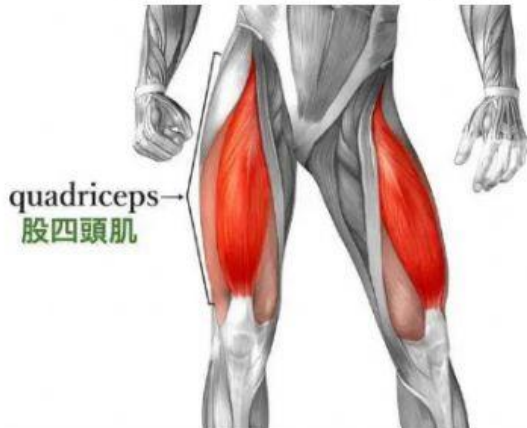
tún dà jī (Gluteus)
臀大肌 (Gluteus)



nèi shōu jī qún (Adductor)
内收肌群 (Adductor)

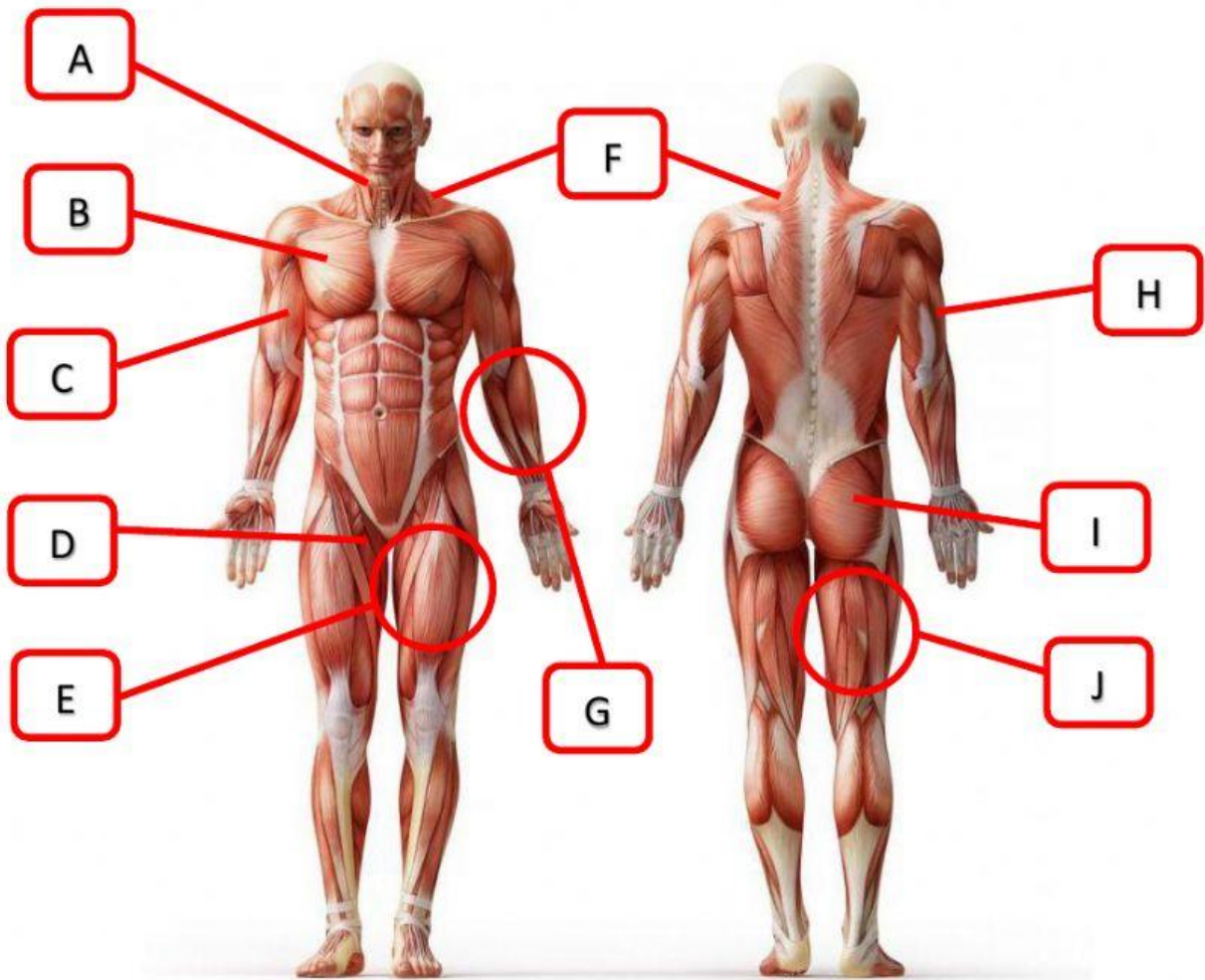


gū sì tóu jī (quadriceps)
股四头肌 (quadriceps)



gū hòu jī qún (hamstring)
股后肌群 (hamstring)





A	B	C	D	E
F	G	H	I	J

内收肌群	股后肌群	股四头肌	肱二头肌	臀大肌
颈阔肌	肱三头肌	胸大肌	斜方肌	前臂肌