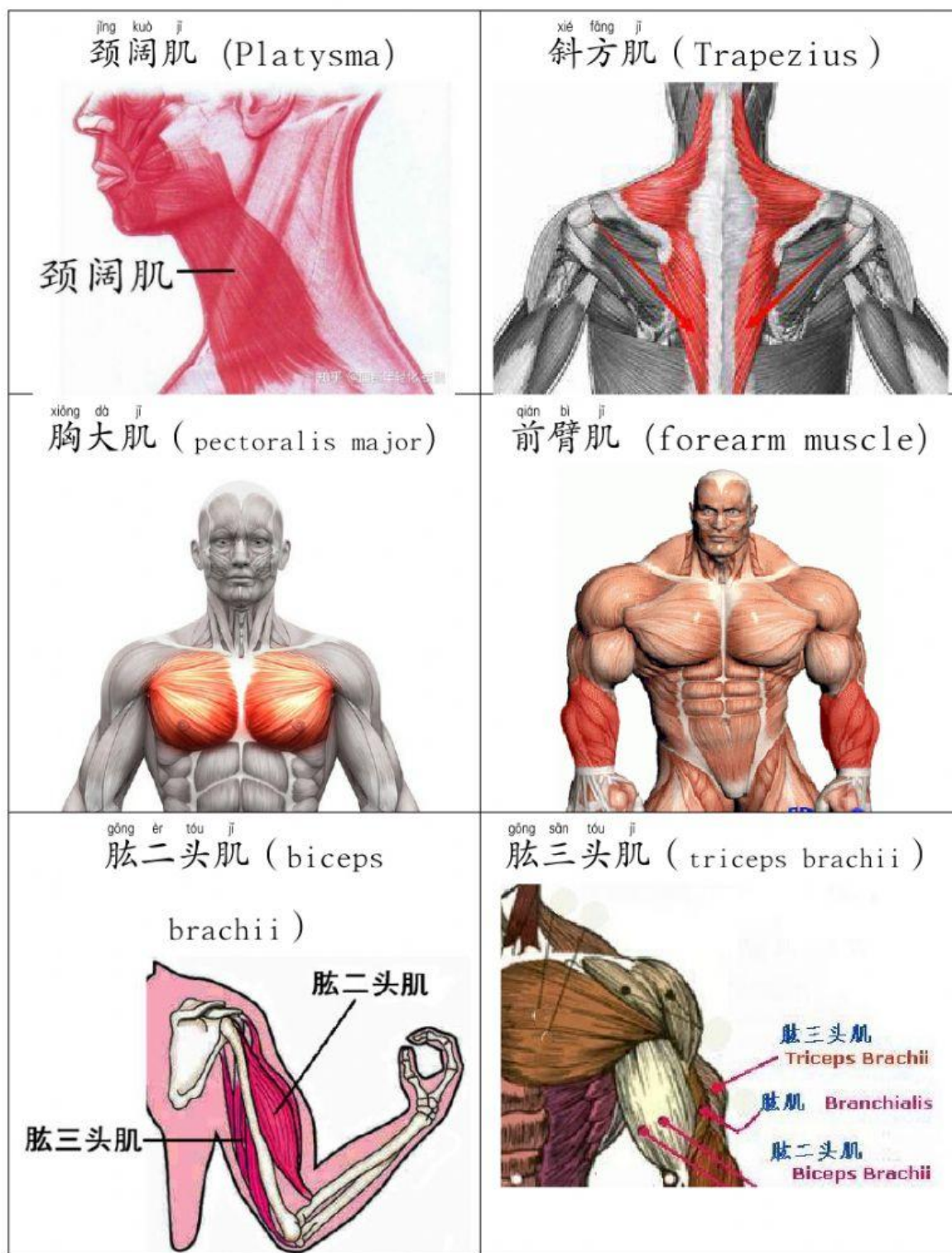


4.3.2 能说出在做伸展动作时所用到的主要肌肉。



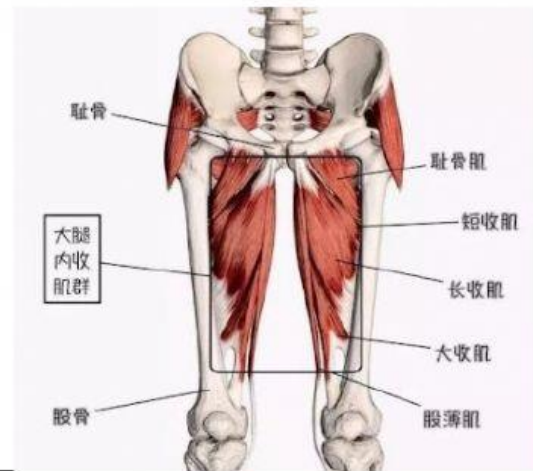
tún dà jī (Gluteus)

臀大肌 (Gluteus)



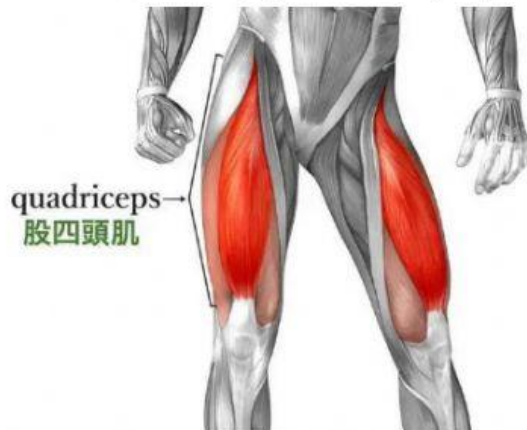
nèi shōu jī qún (Adductor)

内收肌群 (Adductor)



gǔ sì tóu jī (quadriceps)

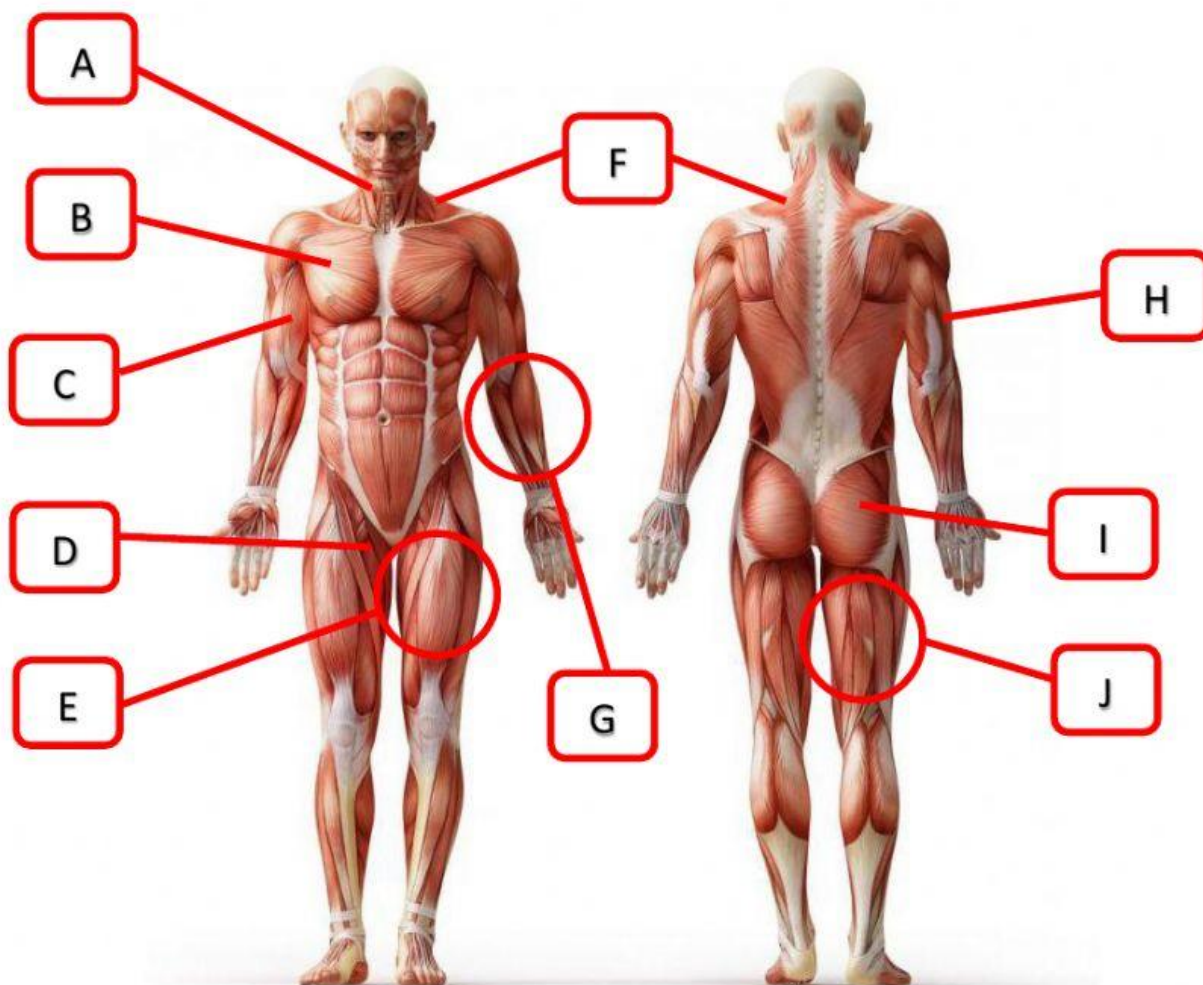
股四头肌 (quadriceps)



gǔ 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