

Arahan : Padankan jenis otot dengan aktiviti senaman yang sesuai.

Otot eksternal oblik

Otot triseps

Otot erektor spinae

Otot gastroknemius

Otot rektus abdominis



Blank box for labeling the muscle used in the sit-up exercise.



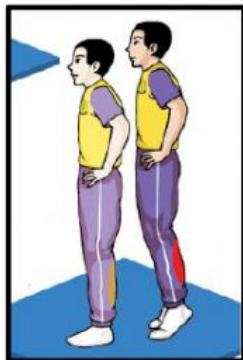
Blank box for labeling the muscle used in the plank exercise.



Blank box for labeling the muscle used in the back extension exercise.



Blank box for labeling the muscle used in the leg raise exercise.



Blank box for labeling the muscle used in the standing posture exercise.