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Muscle Test

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| **Across****2.** Moves arm across chest**8.** Flexes Torso**12.** Straightens arm at elbow**13.** Pulls legs together**14.** Curls arm**15.** Attaches calf muscle to heel**17.** Muscle Flexes ankle and foot**18.** Turns Head | **Down****1.** Lowers upper arm**3.** Extends thigh raises your torso from stooping position**4.** Straighten and raises your leg**5.** Move legs apart**6.** Curls leg at the knee**7.** Curls wrist**9.** Straightens Hand at wrist.**10.** Raises head and shoulders**11.** Extends lower foot**16.** Raises upper arm |