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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 |