Kines 227
Homework #2

Imagine the following scenario:

**Part #1**

You have decided to work on your core strength in preparation for bathing suit season. You decide that you want to do some sit-up exercises as well as some planks and side planks. Discuss the role of the following muscles in your chosen exercise program: Quadratus Lumborum, Internal Oblique, External Oblique, Rectus Abdominis, Transverse Abdominus, and Diaphram. Explain how the movements and how they work with the exercises listed above. You should also include Action, Origin, Insertion, and Nerve for each.

**Part #2**

You roommate walked into your apartment and saw you exercising. They were so surprised they made some funny faces that included raising the eyebrows (one at a time and together), a big smile, a bit of a sneer, they wiggled their ears, blew you a kiss and left the room.

For all the facial expressions and motions listed above please list the muscle and the specific action of that muscle. Be sure to explain if it is a unilateral or bilateral contraction.

Enjoy. This homework is specifically designed to help study for your upcoming celebration of knowledge.

Dr. W