Muscle Song

Biceps Biceps help our arms bend
Triceps straighten them out again.
Deltioids Deltoids help us reach the sky
Latisimus Dorsi help us climb real high
Pectoral muscles help us push things away
Gastrocnemius help us walk each day.
Hamstrings and Gluts help us stand up tall
Quadriceps Quadriceps help you kick a ball
Our Abs help us balance and protect what’s inside
Lifting weights and exercise keeps our muscles fortified.