



## Worksheet

# Anatomical Movements 2

1) Define the anatomical movements named below. Write your answer in the space below each anatomical movement.

**1. Flexion**

**2. Extension**

**3. Abduction**

**4. Adduction**

**5. Hyper-Extension**

**6. Elevation**





### Worksheet

2) Name the anatomical movements required to perform a deadlift (*think: lower body, upper body, trunk, hands, preparation phase, execution phase*). Write your answer below

3) Use the video and resources on the topic's page to mark your answers

