

General Review: Muscle Recognition

11. Identify each lettered muscle in the illustration of the human anterior superficial musculature by matching its letter with one of the following muscle names:

- _____ 1. adductor longus
- _____ 2. biceps brachii
- _____ 3. brachioradialis
- _____ 4. deltoid
- _____ 5. extensor digitorum longus
- _____ 6. external oblique
- _____ 7. fibularis longus
- _____ 8. flexor carpi radialis
- _____ 9. flexor carpi ulnaris
- _____ 10. frontal belly of epicranius
- _____ 11. gastrocnemius
- _____ 12. gracilis
- _____ 13. iliopsoas
- _____ 14. intercostals
- _____ 15. internal oblique
- _____ 16. masseter
- _____ 17. orbicularis oculi
- _____ 18. orbicularis oris
- _____ 19. palmaris longus
- _____ 20. pectineus
- _____ 21. pectoralis major
- _____ 22. pectoralis minor
- _____ 23. platysma
- _____ 24. pronator teres
- _____ 25. rectus abdominis
- _____ 26. rectus femoris
- _____ 27. sartorius
- _____ 28. serratus anterior
- _____ 29. soleus
- _____ 30. sternocleidomastoid
- _____ 31. sternothyroid
- _____ 32. temporalis
- _____ 33. tensor fascia latae

- _____ 34. tibialis anterior
- _____ 35. transversus abdominis
- _____ 36. trapezius
- _____ 37. triceps brachii
- _____ 38. vastus lateralis
- _____ 39. vastus medialis
- _____ 40. zygomaticus



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web c the nut may need to be slightly tightened or loosened to meet the required end play d rotated counterclockwise against the retainer nut e use a hammer and staking tool to stake the stake washer to the spindle nut in three positions conventional wheel end systems initial adjusting nut torque a final adjusting nut torque c spindle thread

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web wheel nut checking important in addition to the maintenance interval in this manual check the wheel nut torque the first 50 to 100 miles 80 to 160 km of operation after a wheel has been removed and installed when checking wheel nuts on a stud piloted dual disc assembly remove one outer nut at a time tighten the inner nut then reinstall

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web to place the nut on the spindle or tighten or loosen the nut on the spindle while the keeper is installed inside the nut doing so may deform the keeper and allow the nut to unthread during operation spindle thread damage could also occur leaving the axle unusable do not bend or manipulate keyway tang in any way

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web the spindle nut system if the locking device can not be engaged advance the spindle nut until the lock can be engaged double jam nut systems torque the inner spindle nut to 300 ft lbs while rotating the hub advance the inner nut as necessary to engage the locking ring do not back off the spindle nut install the

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web jul 7 2012 never seen were your final step in any wheel bearing adjustment is to torque it to 50 ftlbs and leave it there any guide or manual i have read shows the last step with some kind of back off depending on nut thread type then actually measuring your end play

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web needed then tighten the yoke nut refer to group 41 of the cascadiatm workshopmanual for torques specifications
if the yoke is still loose after tightening the yoke nut replace the end yoke and yoke nut replace the prevailing torque locknut
end yoke nut if it was removed for yoke replacement seal replacement or any other reason 4

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fogg component solutions installation should take less than half the time required for the old style 3 piece systems still
greater time savings are realized with axilok when adjustments are needed

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the nut reduces bearing endplay and may even put the pro torq axle spindle stemco

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web inner spindle nut torque a outer nut torque out of service end play criteria trailer two piece nut system preset by meritor
300 lb ft 408 n m 200 lb ft 272 n m 0 006 0 1524 mm or more service the preset hub assembly nut torque acceptable end play
criteria b trailer single nut system pro torq 200 lb ft 272 n m back off until loose

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web step 1 bearing lubrication lubricate the wheel bearing with clean lubricant of the same type used in the axle sump or
hub assembly step 2 initial adjusting nut torque tighten the adjusting nut to torque of 200 ft lbs while rotating the wheel step
3 initial back off back the adjusting nut off one full turn step 4

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piece assembly for increased speed accuracy and repeatability

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web install the inner spindle nut and torque to 300 ft lbs do not back off the spindle nut engage the locking device that is part

General Body Muscle Review Answer Key

of the spindle nut system if the locking system cannot be engaged when the nut is at 300 ft lbs advance the nut until the locking system can be engaged reference note above