

**BIKE  
CLUB**



**READS**

LESSON 6 - Scanning & Hand Signals

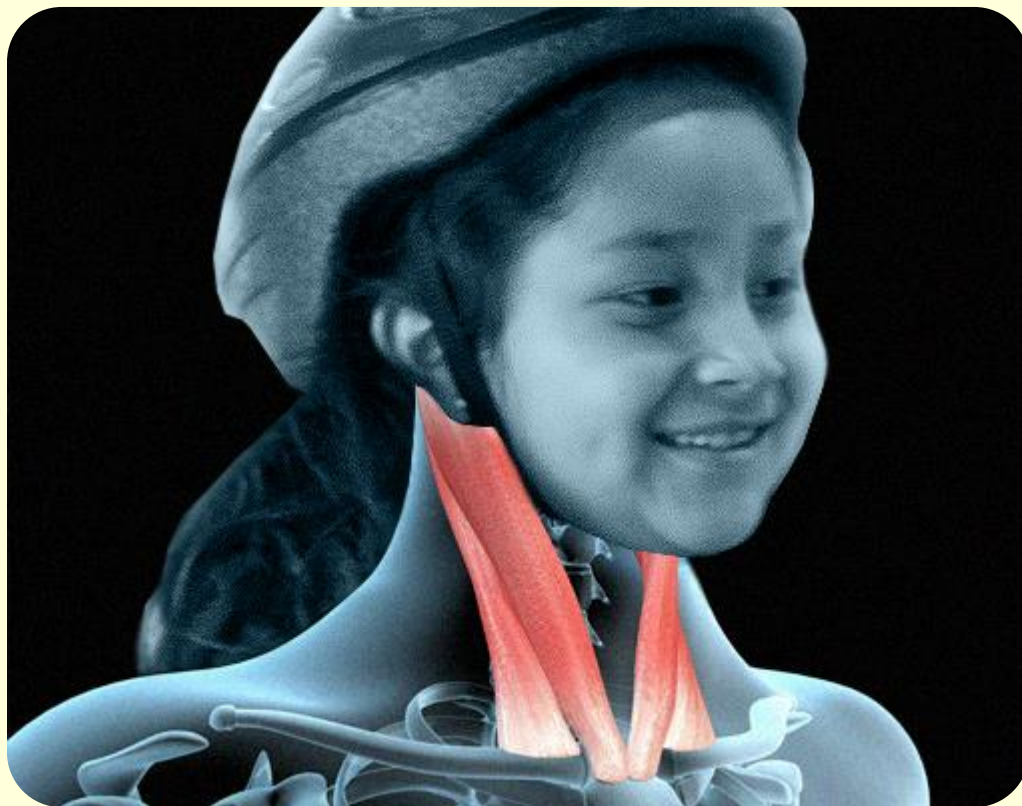
# TAKE A GUESS



**How many muscles  
help you rotate  
your neck?**



# ANSWER



## **2! The right and left Sternocleidomastoid or SCM (ster·no·clei·do·mas·toid)**

Place your hand on the middle of your collarbone. When you turn your head right, you can feel your left SCM activate. When you turn your head left, you can feel your right SCM activate.

Today, we will be using our SCM muscles when we look over our shoulders before signaling.



**GREAT JOB!**

