Muscle Mnemonic (individual)

A mnemonic is a memory device. It turns out that the more elaborately we encode information, the easier it is to learn and retain.

Mnemonics are often acronyms for lists, but the best mnemonics are more elaborate and may include movements (kinesthetic forms). Our brains like stories and stories typically have logic to them, which can narrow the possible reasonable outcomes in a given situation and therefore improve recollection. This is one reason why remembering the words to a song is easier than remembering a few lines from a speech.


Humorous mnemonics are useful. However, all mnemonics must be G-rated.

Over
Muscle group:

Mnemonic: