

MUSCLES, FUNCTIONS, AND EXERCISES

NAME _____

SECTION _____

UPPER BODY

Pectorals- Push out, hugging motion

- Bench press
- Incline press
- Push ups

Biceps- flex or curl the arm at the elbow

- Dumbbell curls
- Barbell curls
- Preacher curls

Triceps- extend or straighten the arm at the elbow

- Triceps extension
- Cable Pushdowns

Abdominals- flex/bend the trunk at the waist

- Incline crunch/sit ups
- Sit ups/crunches
- Medicine ball sit up

Obliques- twists the torso

- Side crunches
- Medicine ball twists

Deltoids

Front- lift the arms in front of the body

Side- lift the arms to the side of the body

Rear- brings the shoulder blades together

- Military press (dumbbells)

- Front/lateral raises (dumbbells)

Trapezius- Raises and lowers shoulder blades - shrugging

- Shrugs (dumbbells)
- Upright rows (dumbbells)

Latissimus dorsi- pulls the shoulders downwards and toward the back.

Largest muscle in upper body.

- Lat pulldown
- Seated rows

LOWER BODY

Quadriceps- extend the leg at the knee (straighten the leg)

- Leg press
- Leg extension
- Lunges
- Squats

Hamstrings- flex the leg at the knee (bend the leg)

- Leg curls
- Lunges
- Leg press
- Squats

Gastrocnemius/Soleus - extends the foot at the ankle (push toe down)

- Seated calf raises
- Toes raises
- Jumping rope

Tibialis Anterior - flexes foot at ankle (pull toe up)

- Calf raises