

# MUSCLE GROUPS & EXERCISES

## IMPORTANCE OF MUSCLES

Muscles are what really take you from the movement you want to do to the movement you get to enjoy. They maintain posture and support internal organs while you are sleeping, they are working and maintaining the following way.

It is important that you maintain healthy and strong muscles through regular exercise and ensure that you work all major muscle groups and not just concentrate on one group.

### WHY EXERCISE YOUR MUSCLES?

Prevent Injury

Improve Posture

Increase Strength

Reduce Aches and Pains

Reduce Muscle Imbalances

### Anterior

#### Deltoids

Shoulder Flexion  
Lateral and Front Rotation  
Upright Arms and Thighs



#### Biceps

Elbow Flexion  
Forearm Supination  
Shoulder Flexion



#### Pectorals

Shoulder Flexion  
Shoulder Adduction  
Horizontal Adduction



#### Obliques

Trunk Flexion  
Trunk Rotation  
Oblique Core Power



#### Upper Abdominals

Core Power  
Trunk Flexion  
Trunk Rotation



#### Lower Abdominals

Core and Trunk Flexion  
Trunk Rotation  
Core Power



#### Adductors

Medial Rotation  
Shoulder Adduction  
Shoulder Flexion



#### Quadriceps

Knee Extension  
Hip Flexion  
Ankle Dorsiflexion



### Posterior

#### Triceps

Shoulder Extension  
Shoulder Adduction  
Forearm Extension



#### Trapezius

Shoulder Extension  
Shoulder Adduction  
Lateral and Front Rotation



#### Lattissimus Dorsi

Shoulder Extension  
Shoulder Adduction  
Forearm Extension



#### Forearms

Forearm Flexion  
Forearm Extension  
Wrist Flexion



#### Gluteals

Trunk Extension  
Trunk Rotation  
Ankle Plantar Flexion



#### Calfs

Calf Extension  
Trunk Extension  
Ankle Plantar Flexion



#### Hamstrings

Trunk Extension  
Trunk Rotation  
Ankle Plantar Flexion



## MUSCLE INJURIES AND TREATMENTS

### Causes

- Over-exercising for too long or too much
- Not warming up properly or not cooling down
- Sports-related injuries through contact, collisions, slips or falls
- Collapsing under heavy or weight
- Improper technique or form
- Improper use of equipment or tools

### Signs and Symptoms

- Pain or discomfort when the muscle is used
- Swelling or bruising at the site of the injury
- Loss of strength and decreased flexibility of the joint
- Redness or inflammation at the site of the injury
- Difficulty or inability to perform the activity

### Treatment

- Rest - Stop the activity and rest the muscle for 24-48 hours.
- Ice - Apply ice to the injured area for 15-20 minutes at a time.
- Compression - Wrap the injured area with a bandage.
- Elevation - Keep the injured area up above the level of the heart to help reduce swelling.
- Medication - Take any painkillers or anti-inflammatories as directed.



## Demo Videos

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# Personal Training Anatomy Guide

**Hollis Lance Liebman**



## **Personal Training Anatomy Guide:**

*Practical Anatomy and Movement* Andrea Thatcher, 2015-12-07 Andrea Thatcher has worked as a Personal Trainer since 1994 and has been teaching and certifying Personal Trainers since 2000 She developed Practical Anatomy and Movement A Guide for Personal Trainers after years of teaching anatomy to thousands of new trainers This comprehensive illustrated workbook provides a clear and easy to understand approach to anatomy as it applies to Personal Trainers The second edition includes An in depth overview of anatomical terms Detailed reference charts including joint actions and working muscles Clear illustrations of commonly exercised muscles A guide to the insertions and origins of major muscle groups Suggestions for single and multi joint exercises A comprehensive stretching pictorial Each volume contains a Study Guide Section to ensure maximum retention of Muscular Anatomy ensuring success in the practical application of Muscular Anatomy in every Personal Training

Anatomy for Strength and Fitness Training for Women Mark Vella, 2016-07-31 Scientific research has made it clear that a woman's body should be exercised differently from a man's and that her training program should be adjusted to suit her body type and transformations as she moves through the various life stages Anatomy for Strength and Fitness Training for Women is a unique guide reference work and graphic education tool suitable for any woman interested in understanding her own body how it functions during exercise and how to formulate a personal exercise program Over 90 exercises are provided to help you sculpt your entire body with gym weights free weights aerobics and stretching including Swimming Transverse activation in four point kneeling Barbell bench press Cable cross over Freestanding barbell squats Hip abductor machine Seesaw with ball Seated low cable pulley rows Machine shoulder press Dumbbell standing lateral raise Rear deltoid machine French curl Cable tricep push down Supine hip flexion stretch Plank to downward facing dog Child stretch And much more The exercises are featured in clear anatomical detail and are grouped by aerobic training abdominals chest legs and hips back and shoulders arms and stretches and flexibility Each exercise incorporates a full body illustration plus instructions on proper execution and technique Start and finish positions are shown and supplementary information is included by way of hints and tips Inside this informative 144 page guide you'll also find a method of assessing your own fitness which you can use to help you choose the correct type of program for your life stage and fitness level Sample programs illustrate how you can choose a program based on the needs you have established in the assessment Build a better you by understanding how your body performs when exercising with Anatomy for Strength and Fitness Training for Women

*Anatomy for Strength and Fitness Training* Mark Vella, 2014 Anatomy for Strength and Fitness Training is a reference book that offers the reader more than just the how to of exercise and training Using detailed anatomical illustrations of the way muscles and tendons work the book provides a visual insight into what happens to the body during exercise making it invaluable to anyone active in the exercise field The initial section of the book covers basic anatomy overviews of the musculo skeletal system directional terms planes and movements basic kinesiology and an overview of exercise concepts as well as an

explanation of muscle analysis The core of the book presents 88 exercises involving gym machines free weights and body weight stretching grouped by body region chest legs and hips back and shoulders arms and abdominals Each exercise features a full colour illustration together with instructions on execution and technique Supporting graphics show starting and finishing positions and additional information includes training tips and useful facts     *Anatomy for Strength and Fitness Training* Mark Vella,2006-08-22 Learn how your muscles work before you work your muscles Perfect for beginning and advanced fitness practitioners alike this is an in depth look into the most magnificent machine ever created the human body Using detailed anatomical illustrations *Anatomy for Strength and Fitness Training* provides you visual insight into what happens to this organic machine during exercise muscles and tendons working in concert to strengthen your body s building blocks With a basic knowledge of how the body works you can buff up your body with the book s 90 exercises grouped by body region and involving gym machines free weights and body weight stretching as well as yoga and Pilates Each exercise is vividly illustrated by a full color anatomical illustration of the targeted muscles together with instructions on execution and technique     *NPTI's Fundamentals of Fitness and Personal Training* Henriques, Tim,2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

**Running Start: Your Secrets to a Personal Trainer Career Ahead of the Pack** Tyler Read,2020-05-13 Running Start Your Secrets to a Personal Trainer Career Ahead of the Pack is a timely book that covers all you need to know and then start your journey to becoming a personal trainer There is a huge market out there people who need personal trainers to help them lose weight get fit and lead a healthier life This book sets out to empower newcomers to the trade with the benefits of being a personal trainer The world needs more personal trainers the world wants more personal trainers people of the world are ready to pay for your services right now     *Designing and Teaching Fitness Education Courses* Jayne D. Greenberg,Nichole Calkins,Lisa Spinosa,2021-08-20 Fitness education is often overlooked for various reasons no equipment no weight room large class size or lack of professional development *Designing and Teaching Fitness Education Courses* provides real solutions for all these issues This book offers secondary level physical educators innovative ideas practical answers and guidance in implementing fitness education programming that will meet the needs of all students *Designing and Teaching Fitness Education Courses* is packed with highly useful tools and resources 211 instructional photos showing exercises and stretches that require no equipment and are easily adapted for varying abilities 18 pacing guides that form a week by week blueprint for implementing a semester long fitness education course A robust online resource with all 18 pacing guides as well as a blank template for developing your own 139 video demonstrations of all the book s exercises and stretches PowerPoint presentations to show in PE classes including video demonstrations of the book s exercises and stretches and teacher aids and student handouts including assignments assessments posters and a 12 week personal fitness

plan Teachers can use the pacing guides to develop a semester long fitness education course that can be implemented in either a traditional or block schedule These guides offer objectives class discussion topics activities assessments and teaching strategies for each week of an 18 week semester All topics in the guides are aligned with SHAPE America's National Standards and Grade Level Outcomes for K 12 Physical Education The authors guide teachers in addressing the following priorities within a fitness education course social and emotional learning behavior modification principles and adherence to fitness activities social cognitive theory classroom management student safety equity diversity and inclusion and social justice Designing and Teaching Fitness Education Courses also includes a detailed chapter on nutrition education written by internationally recognized sport nutritionist Lisa Dorfman who provides teachers a wealth of information to integrate into fitness courses Teachers will learn how to integrate a quality fitness education curriculum into any setting rural urban or suburban and any learning model remote hybrid or in person learning Designing and Teaching Fitness Education Courses is organized into three sections Part I presents both theoretical and practical knowledge of fitness education its importance in a standards based curriculum pedagogical and content knowledge considerations nutrition wellness and consumer issues and the general components of fitness education Part II focuses on various components of fitness education flexibility strength and cardiorespiratory fitness This part includes stretching and muscular strength and endurance workouts illustrated with photos in the book and videos in the online resource Part III guides readers in enabling students to participate in community fitness and activity events to support the development of lifelong fitness habits Through Designing and Teaching Fitness Education Courses teachers will be able to provide appropriate fitness activities that will lead to the elevated health and wellness of students and a greater appreciation for participating in lifelong activities Note A code for accessing HKPropel is included with all new print books

Anatomy of Functional Training Katerina Spilio, Erica Gordon-Mallin, 2014 Anatomy of Functional Training is a unique aid to your functional training It uses stunning 3D colour illustrations to guide you through a complete range of exercises each highlighting exactly which muscles are used and how An ideal resource for everyone interested in exercise from those new to training who are looking for clear and simple guidance to students and health and fitness professionals looking for a detailed guide to anatomy There is a logical progression through training and every exercise is fully supported with a detailed written description photograph of the exercise being performed by a leading personal trainer and a 3D anatomical illustration to show which muscle groups are being used

*New Anatomy for Strength & Fitness Training* Mark Vella, 2018-08-14 Perfect for beginning and advanced fitness practitioners alike this is an in depth look into the most magnificent machine ever created the human body Using detailed anatomical illustrations New Anatomy for Strength and Fitness Training provides you visual insight into what happens to this organic machine during exercise muscles and tendons working in concert to strengthen your body's building blocks With a basic knowledge of how the body works you can buff up your body with more than 75 selected exercises grouped by body region and involving gym machines

free weights and body weight stretching as well as yoga and Pilates Each exercise is vividly illustrated by a full color anatomical illustration of the targeted muscles together with instructions on execution and technique

**Anatomy of Strength and Conditioning** Hollis Lance Liebman, 2015-01-16 Reviews for the print edition of Anatomy of Exercise in the same series Fascinating useful for anyone interested in enhancing their fitness routine as well as fitness instructors who want to visually show their customers the benefits of each exercise American Reference Book Annual One of the best books written as a reference manual for understanding exercise Great how to instructions Men s Exercise The winning format of the Anatomy of series was established quickly with the first title The Anatomy of Exercise The success of the series lies not only in the innovative presentation but in the variety of titles offered which gives readers the opportunity to pick and choose according to their needs and goals Anatomy of Strength and Conditioning is a great how to reference for those who wish to up their game and train for activities requiring high performance strength speed aerobic capacity and accuracy all essential to success in such sports as soccer hockey skiing climbing and rowing as well as marathons and other endurance activities The book is also an ideal way to achieve overall fitness Like each of the other titles in the series this book Opens with two front back full body annotated anatomical drawings Shows specific exercises with instructions and annotated anatomical drawings and corresponding photographs Labels all muscles used with bold text to indicate target muscles Provides helpful notes throughout to amplify the how to instructions Best For the muscles getting the maximum effect Targets muscles worked Benefits effect of the exercise Anatomy of Strength and Conditioning offers 29 Strength Exercises and 28 Conditioning Exercises plus a full set of Warm Up Exercises There are six specialized Workouts to choose from Beginner s Sports Mixed Modalities Range Melting Pot and Kamikaze Lifelike anatomical illustrations demonstrate each exercise and reveal in colorful detail exactly which muscles are engaged a great way to focus exercises to a specific problem area No other book provides such rich detail tailored to the general reader Athletes of all experience levels fitness trainers coaches physiotherapists and many others will find Anatomy of Strength and Conditioning instructive and extremely practical

*Anatomy for Strength and Fitness Training for Women* Mark Vella, 2008 Research in the last ten years has made it clear that a woman s body should be exercised differently from a man s and that her training programme should be adjusted to suit her body type and transformations as she moves through the various life stages Anatomy for Strength and Fitness Training for Women is a unique guide reference and graphic education tool suitable for any woman interested in understanding her own body and formulating a personal exercise programme Over 90 exercises involving gym weights free weights and stretching are featured in detail grouped by chest back and shoulders legs and hips arms and abdominals Each exercise incorporates a full body illustration plus instructions on proper execution and technique Start and finish positions are shown and supplementary information is included by way of hints and tips A method of assessing your own fitness is also provided which you can use to help you choose the correct type of programme for your life stage and shape Sample programmes

illustrate how you can choose a programme based on the needs you have established in the assessment Publisher

**Functional Exercise Progressions** Mary M. Yoke, Carol Kennedy, 2003-11 An explosion of new exercise techniques and equipment has left many fitness professionals and their clients unsure of how to advance from one exercise and level of intensity to the next Functional Exercise Progressions presents 13 sample progressions covering every major muscle group This large format guide includes over 250 different exercises with dozens of clear photographs and detailed exercise descriptions Ideal for personal trainers physical therapists and anyone who wants a safe and effective path to improved strength and fitness

**Health and Physical Fitness** Edmund A. Cruz, 2018-04-14 It is hard to understand why anyone would read this book on Health and Physical Fitness There are so many of them on the market today Are people drawn to the name of the person the person's title the look of the book cover or the thickness of the book itself Suffice it to say that readers are drawn to what they feel is important to them this is good This book is about life and longevity trying to live a healthy life style and maintain that balance If someone can give you that kind of understanding does it matter how thick the book is the name of the person or how many letters he has after his name I think not This book is for all ages but it is most particularly geared towards those that are just beginning to discover an interest in health sports and physical fitness That person can be of any age creed or nationality There are no limitations as to who This book is basic knowledge in the field of general health care Any one starting a physical fitness program or a sports venture should read this book The goal is to have this book as a first course for those that will start any vigorous training program It is for coaches and trainers to teach these aspects before or during the school exercise or for any sport attempt This is the goal of this book

**New Anatomy for Strength & Fitness Training** Mark Vella, 2025-02-25 This book provides a magnificent visual insight into what happens to your muscles when you exercise By understanding how your body responds to each movement you'll be able to isolate specific muscle groups and design the most targeted program possible

*Anatomy for Strength and Fitness Training* Mark Vella, Nick Walters, 2006 Anatomy for Strength and Fitness Training is a reference book that offers the reader more than the how to of exercise and training Using detailed anatomical illustrations of the way muscles and tendons work the book provides visual insight into what happens to the body during exercise making it invaluable to anyone active in the exercise field The initial section of the book covers basic anatomy overviews of the musculo skeletal system directional terms planes and movements basic kinesiology and an overview of exercise concepts as well as an explanation of muscle analysis The core of the book presents 88 exercises involving gym machines free weights and body weight stretching grouped by body region chest legs and hips back and shoulders arms and abdominals Each exercise features a full colour illustration together with instructions on execution and technique Supporting graphics show starting and finishing positions Additional information includes training tips and useful facts

**Become a Certified Personal Trainer (ebook)** Robert Wolff, 2010-01-04 Head to toe preparation for a successful career in personal training Training authority Robert Wolff walks you through the core subject areas you need

to pass certification and get started as a personal trainer Guiding trainers throughout the entire certification process Become a Certified Personal Trainer goes through sample questions and essays for each of the top exams and also provides much needed advice about the business side of the job Become a Certified Personal Trainers shows you An inside look into the top organizations and how they would train you How to approach assessments and protocols for working with specific body types Psychology you need to know about clients and ways to modify their behavior Basics on nutrition supplementation and weight management Physical preparation in and out of the gym Business lessons finding clients making yourself stand out from the competition and starting a savings plan Mistakes to avoid concerning training and business moves Real world examples from top personal trainers athletic trainers that share their experiences Whether becoming a trainer is your dream job or you are already in the field Robert Wolff provides everything you need to give your and your clients the best chance at success

**The Complete Book of Butt and Legs** Kurt Brungardt, Mike Brungardt, Brett Brungardt, 1994 A complete lower body fitness guide for everyone with a comprehensive collection of the best exercises to strengthen and tone Anatomy for Strength and Fitness Training for Speed and Sport Leigh Brandon, James Berrange, 2009-12-25 What does it take to succeed in sports The formula for being a champion can be distilled into several skill sets that are essential for playing at a competitive level with some of the most important being strength speed and stamina This full colour illustrated training guide takes an in depth look at your muscles at work during various sporting activities making it crystal clear how to tailor your training to your specific needs Whether you play football baseball tennis basketball rugby lacrosse the anatomical illustrations used in this book show exactly how your muscles are engaged and how to improve your performance Not only will athletes get the ultimate look at what happens to their bodies during bursts of speed they will also find running and sprinting activities elastic band overspeed activities stretching activities exercises to develop the muscles around the knees to limit potential injury and general lower body development The book is divided into eight sections **The Annual Guides to Graduate Study**, 1974 Fitness, 1995



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