

MUSCLE GROUPS & EXERCISES

IMPORTANCE OF MUSCLES

Muscles are what really take you from the movement you want up to the movement you get to enjoy. They maintain posture and support the skeleton. Even when 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 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
Forearm Rotation



Gluteals

Trunk Extension
Trunk Rotation
Ankle Plantar Flexion



Calfs

Calf Extension
Trunk Rotation
Ankle Plantar Flexion



Hamstrings

Knee Flexion
Hip Extension
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 injury through contact, collision, slip or fall
- Improper technique or weight
- Improper use of equipment

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

Treatment

- Rest - Stop all activity and rest the muscle for 48-72 hours.
- Ice - Apply ice to the injured area for 15-20 minutes at a time.
- Compression - Wrap the injured area with an elastic bandage.
- Elevation - Keep the injured area up close to the heart of the body to help reduce swelling.



Demo Videos

Scan QR Code above for instant access to FREE exercise demonstrations.

Personal Training Anatomy Guide

M Mark



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