

Pectorals (Pecs)

Location: Chest

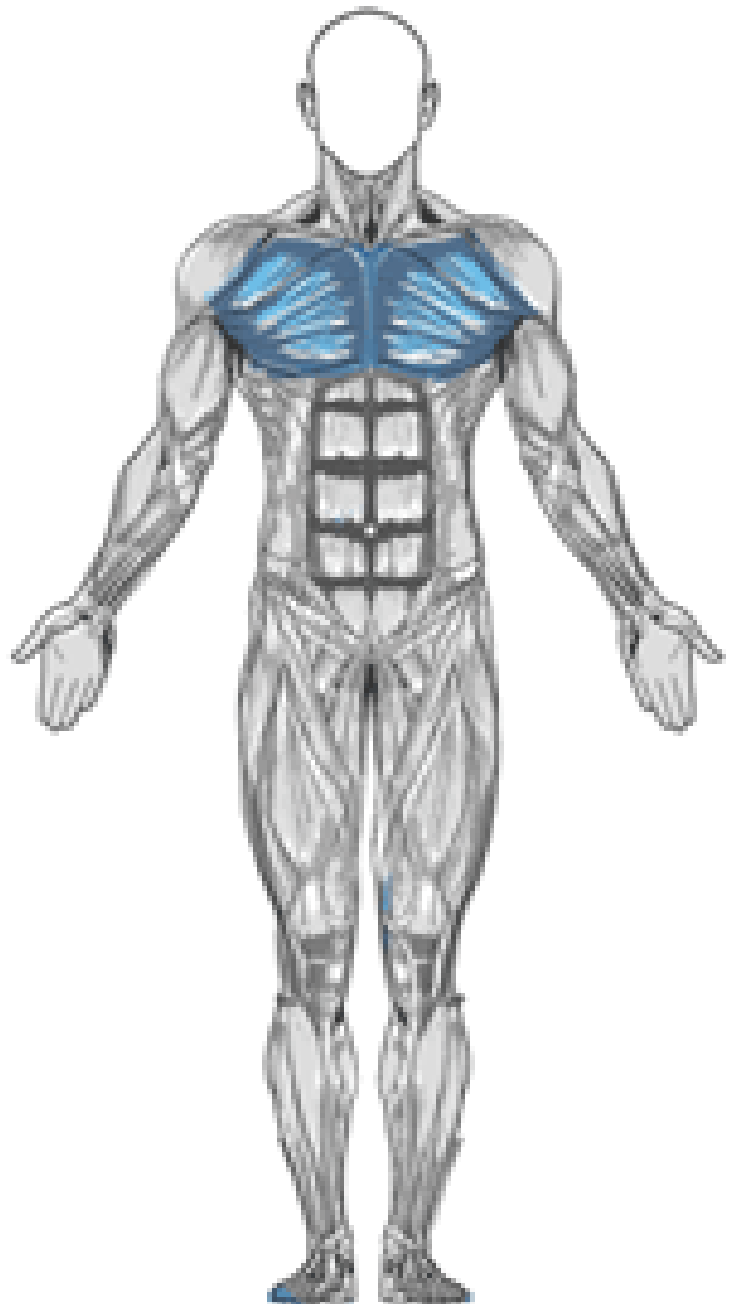
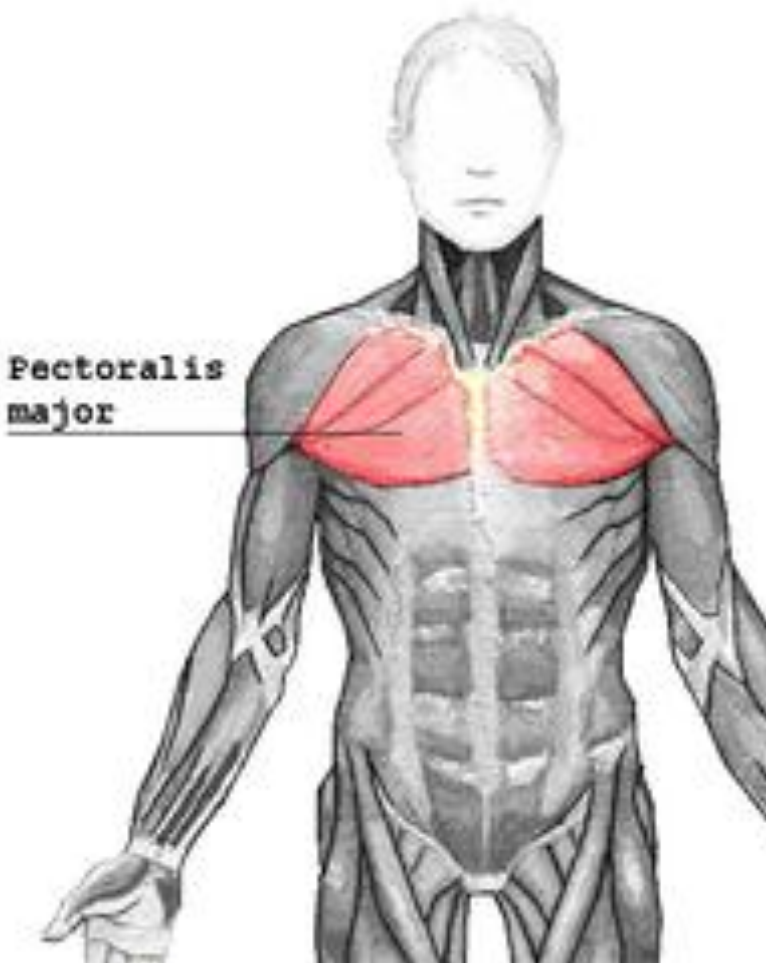
Function: To help a person to push

Strengthening

exercises:

Push-ups, Chest

Press

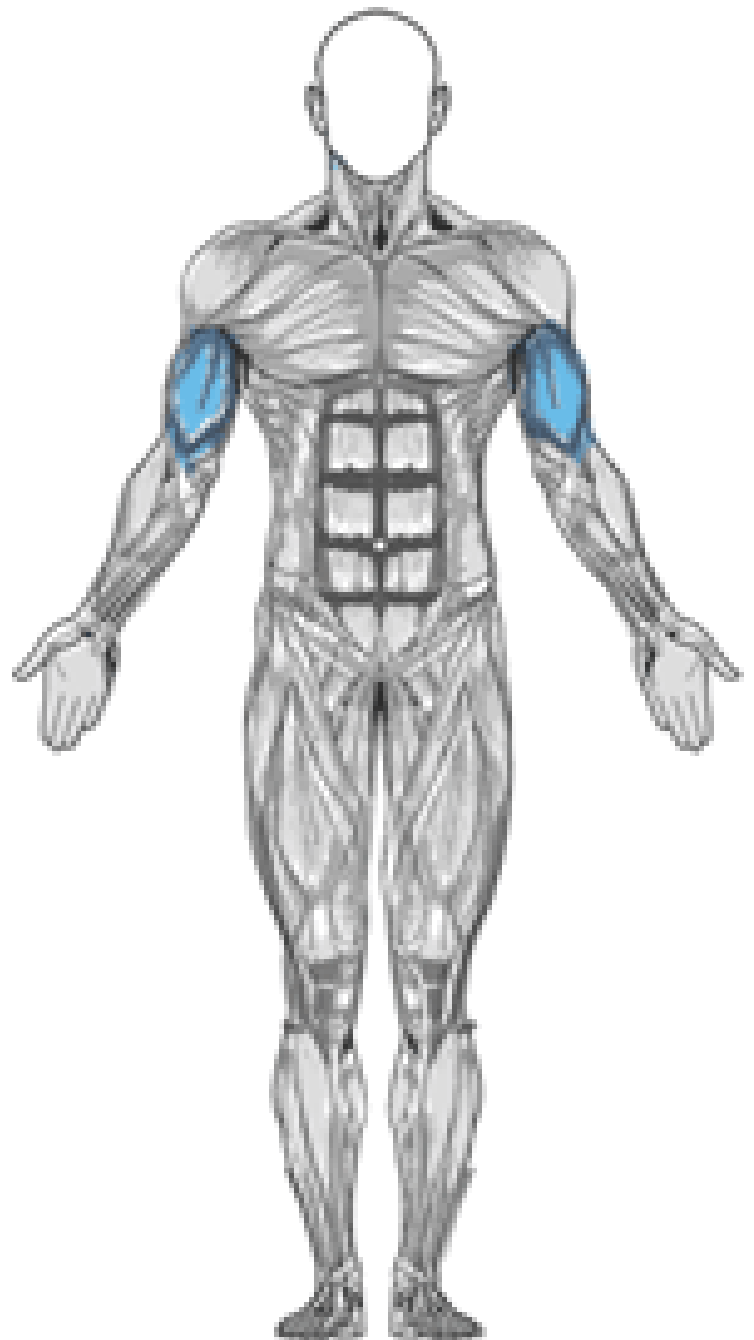
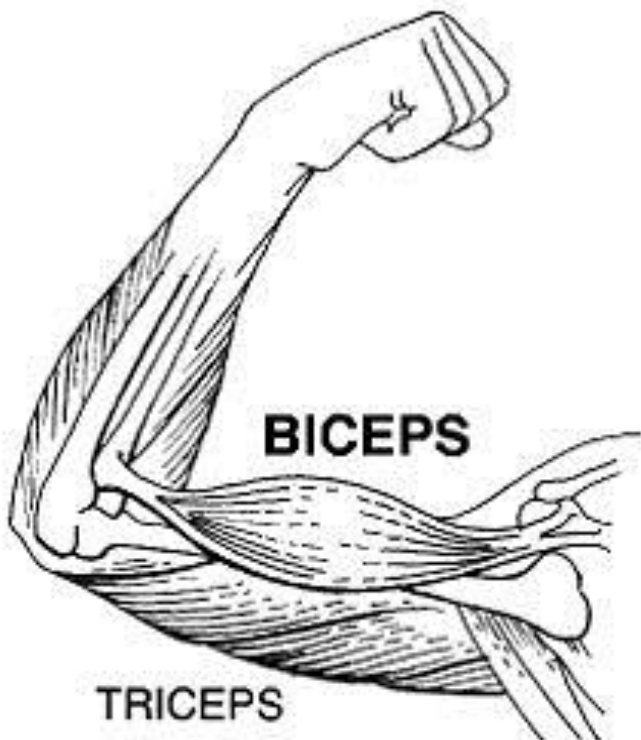


Biceps

Location: Front, top half of arm

Function: Bend the elbow

Strengthening exercises: Bicep Curls, Chin-up



Triceps

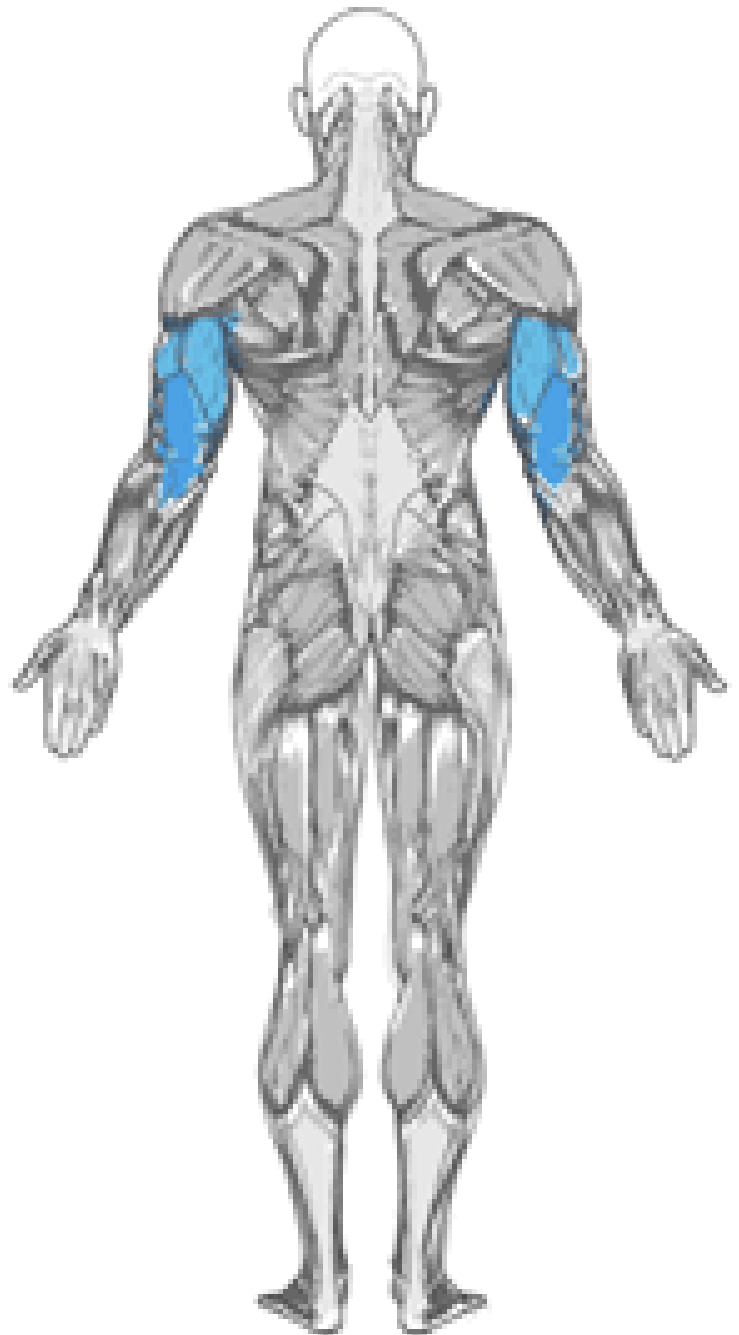
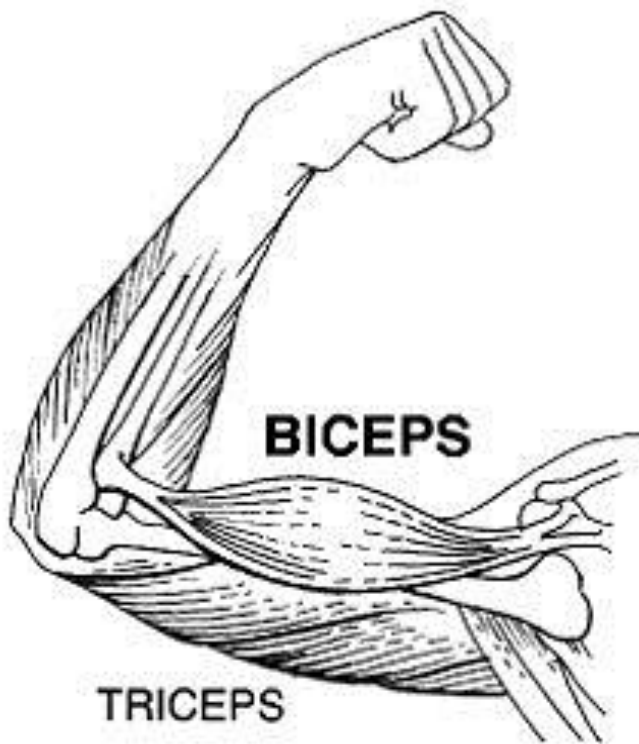
Location: Back of the upper arm

Function: Straighten the elbow

Strengthening

exercises: Push-ups,

Triceps Extensions

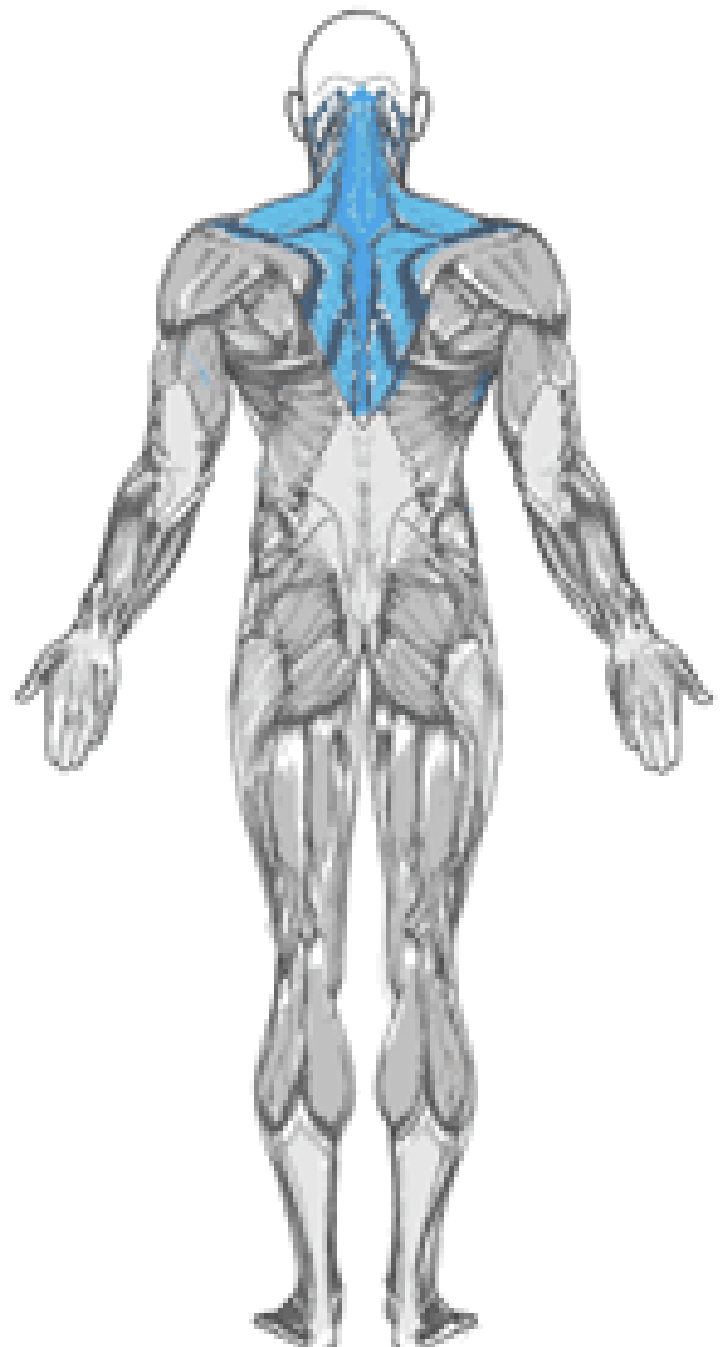


Trapezius (Traps)

Location: Upper and mid back

Function: Pulls arm in and raises the shoulders

Strengthening exercises: Shoulder Shrug,
Seated Row



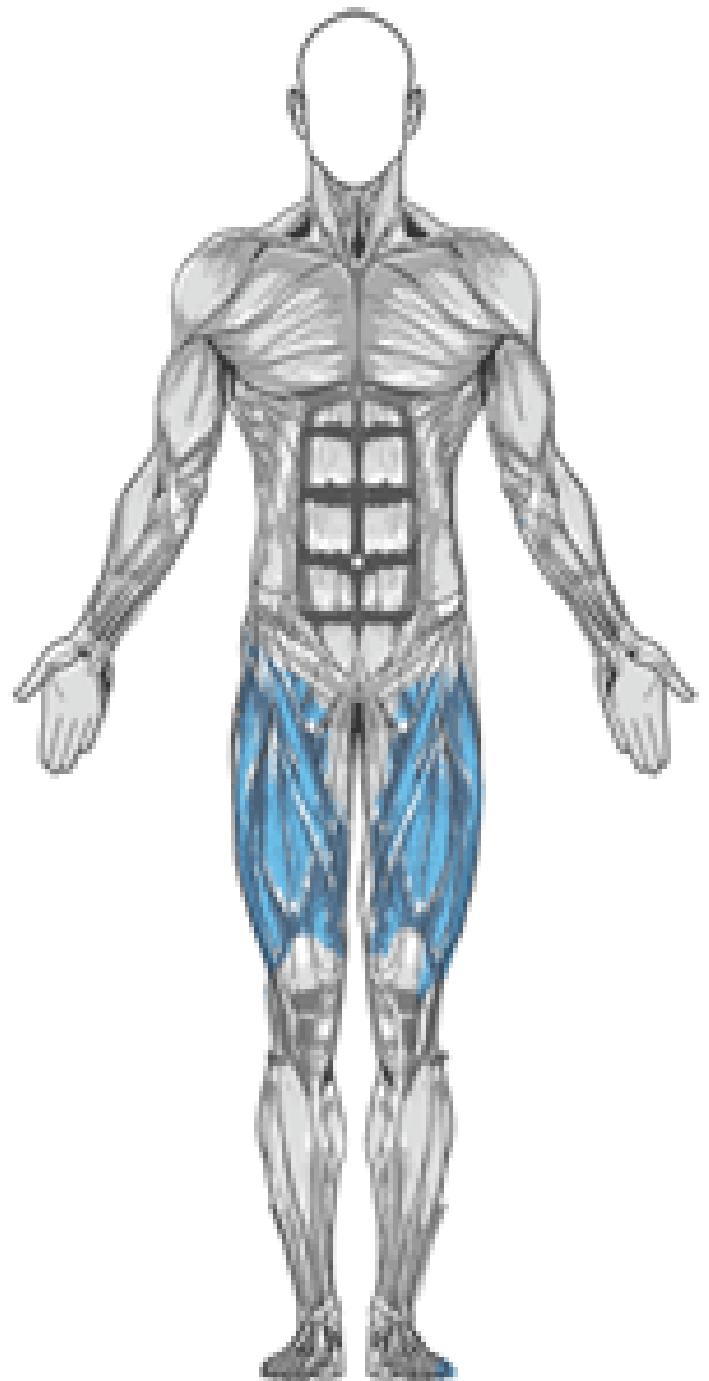
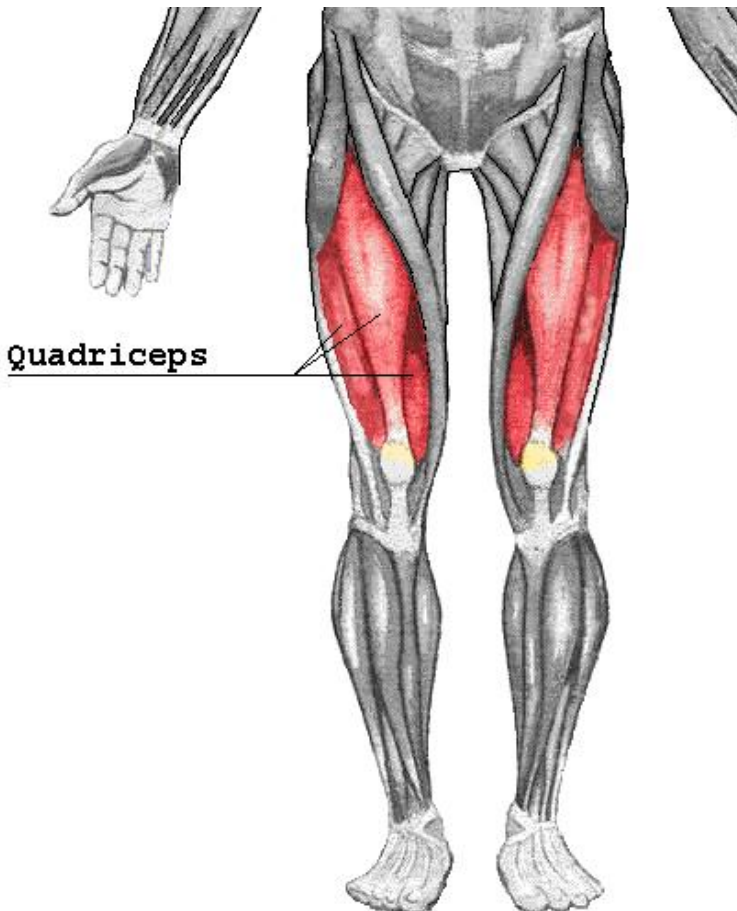
Quadriceps (Quads)

Location: Front part of upper leg

Function: Straighten
the knee

Strengthening

exercises: Squat, Lunge

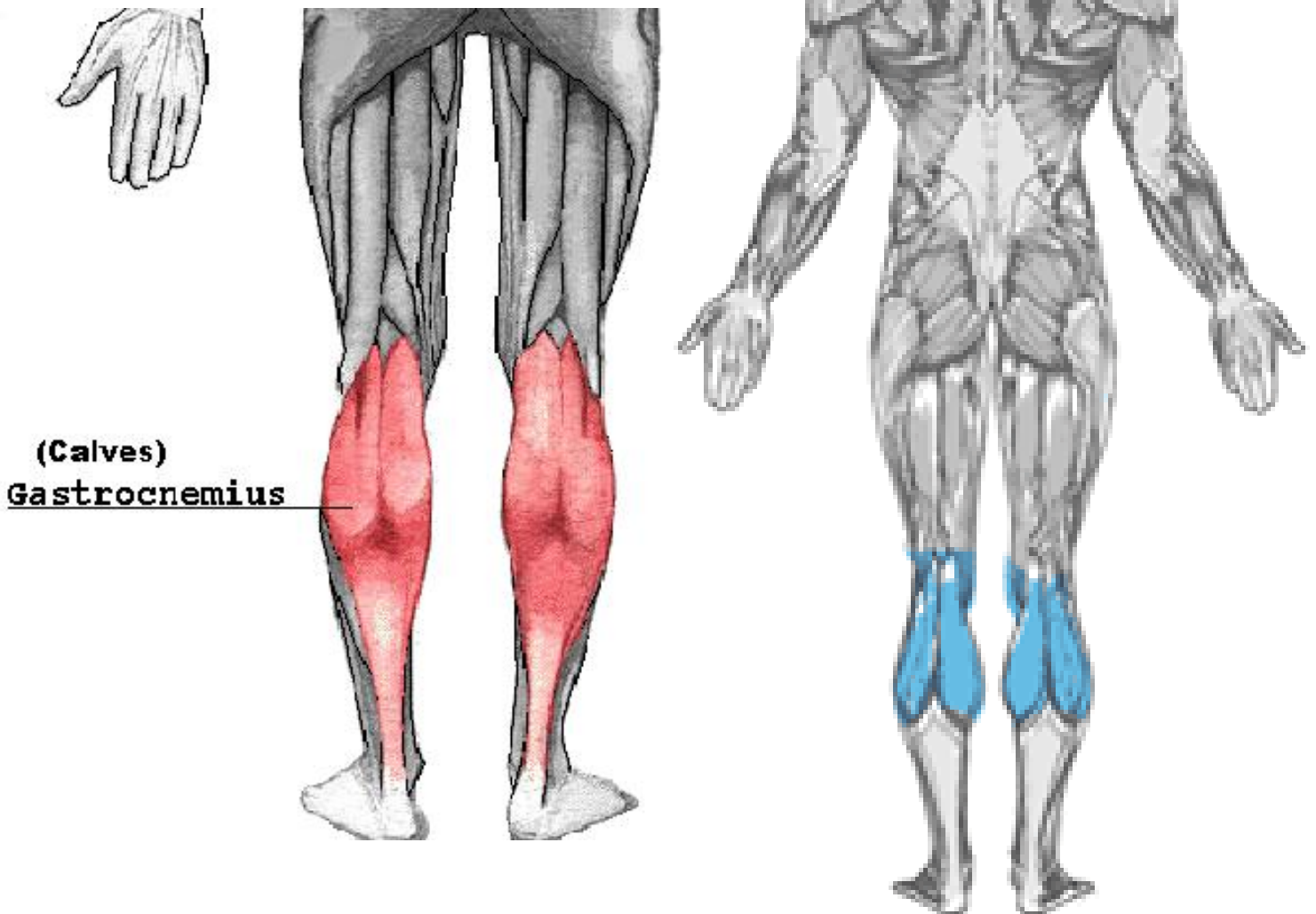


Gastrocnemius (Calves)

Location: Back of lower leg

Function: Point the toes

Strengthening exercises: Calf Raises

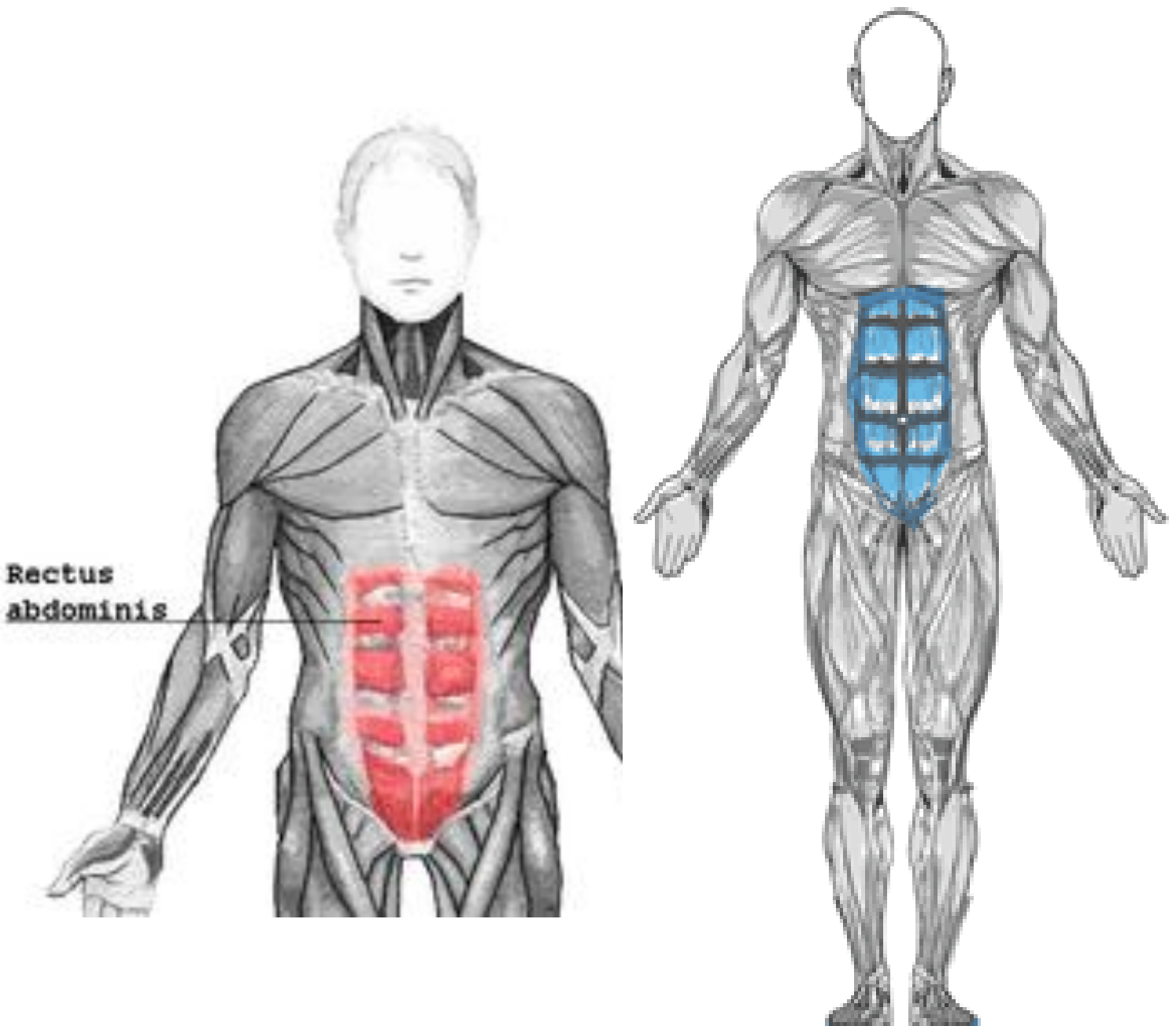


Abdominals (Abs)

Location: Cover the stomach

Function: Bend forward at the waist

Strengthening exercises: Crunch, Curl-up

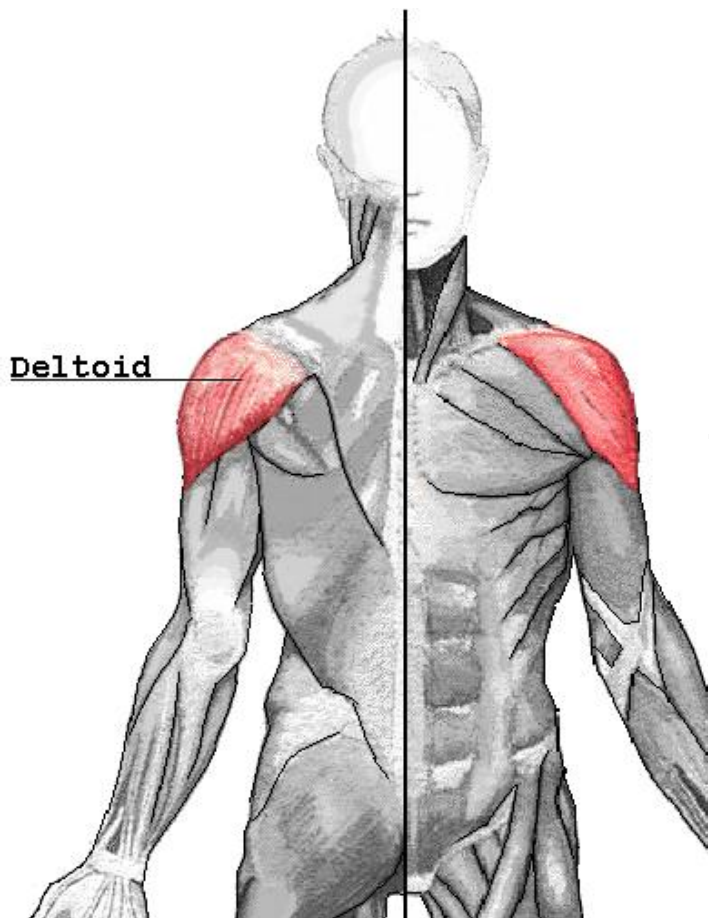


Deltoids (Delts)

Location: Shoulder

Function: Moves upper arm

Strengthening exercises: Shoulder Press, Lateral Raise



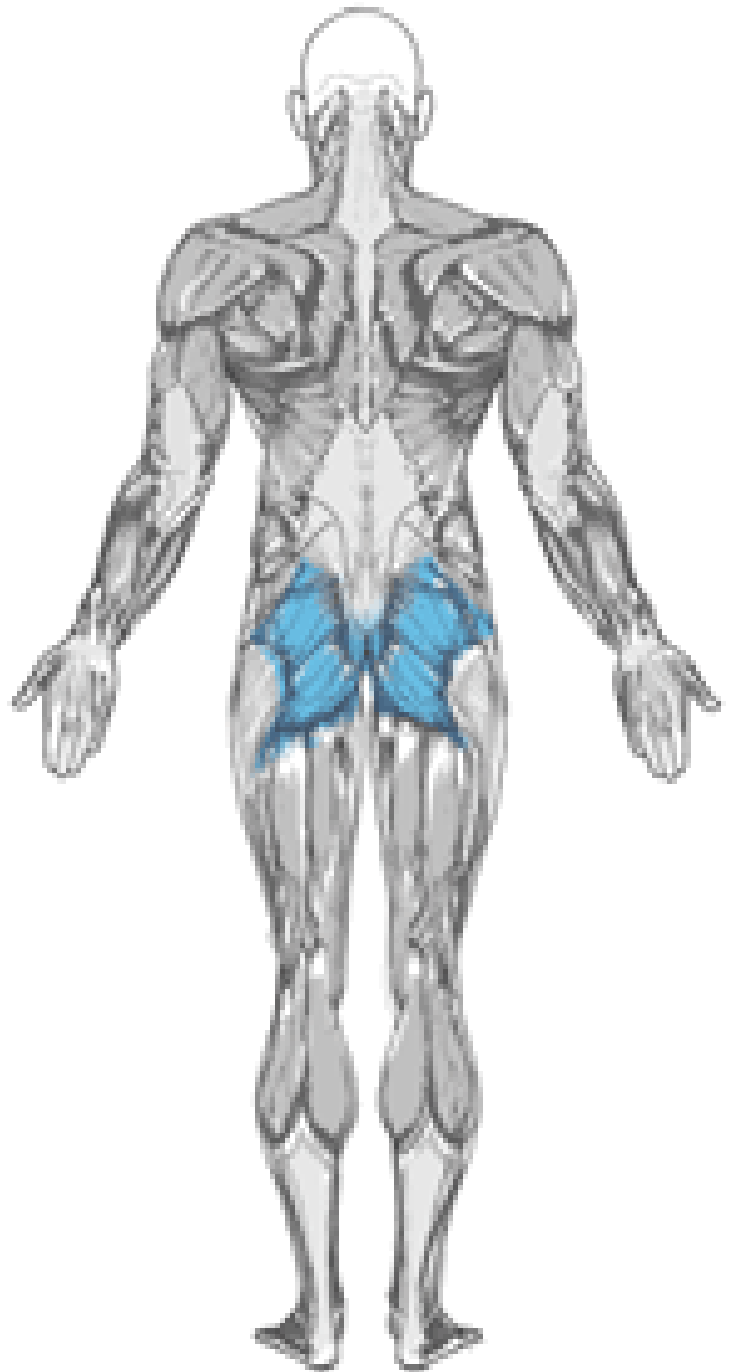
Gluteus Maximus (Glutes)

Location: Buttocks

Function: Moves thigh backwards

Strengthening

exercises: Squat, Lunge



Hamstrings

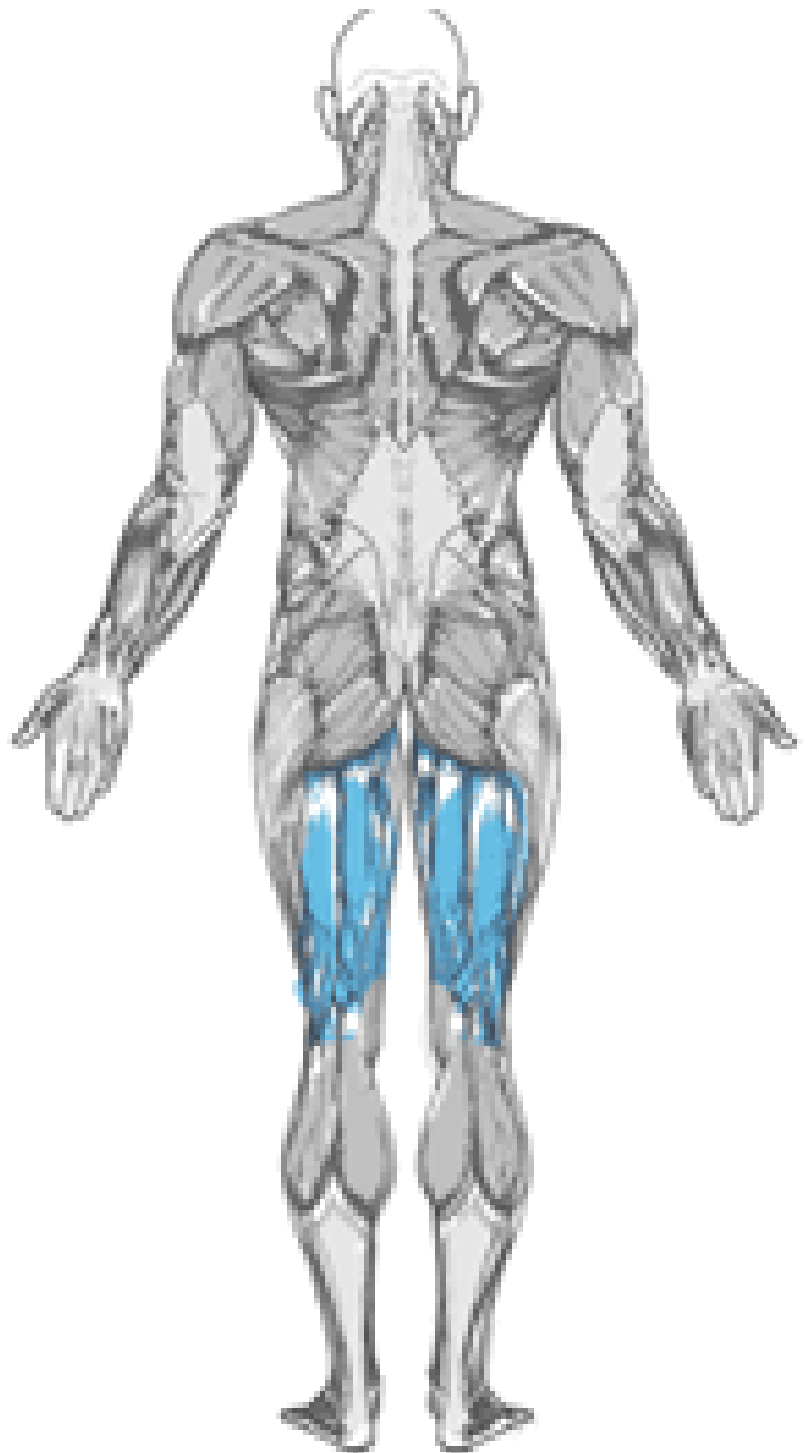
Location: Back of the upper leg

Function: Bend the knee

Strengthening

exercises: Squat,

Lunge



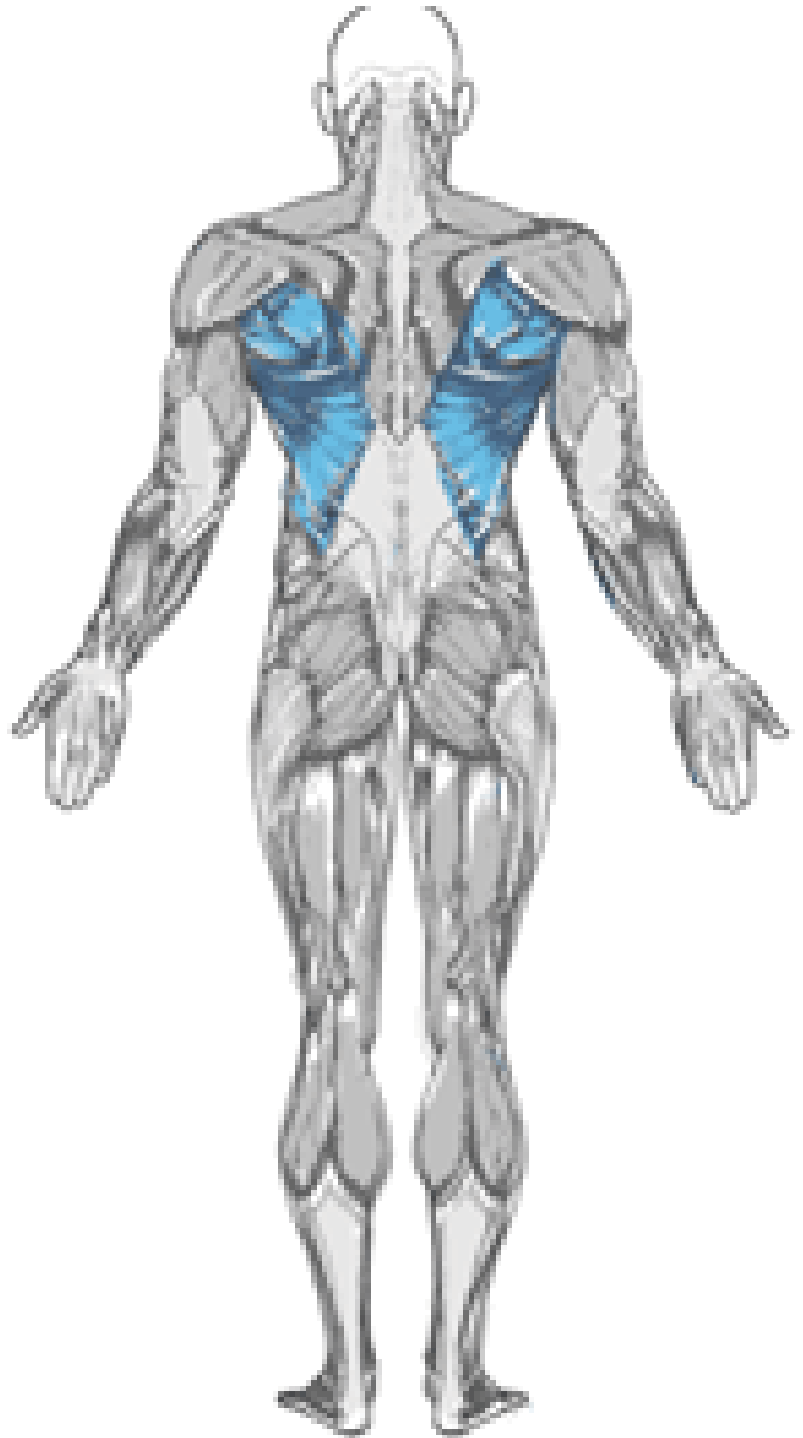
Latissimus Doris (Lats)

Location: On the back

Function: Allows a person to pull

Strengthening

exercises: Seated Row



Obliques

Location: Side of stomach

Function: Bend forward at the waist

Strengthening exercises: Side Crunches,
Dumbbell side bend

