

Muscles of the Body

- Trapezius – upper back
 - Row
 - Shrugs
 - Upright rows
- Deltoid – top of shoulder
 - shoulder press
 - Lateral raise
- Tricep - Back of arm
 - Tricep extension
 - Tricep Press
- Bicep - Front of arm
 - Bicep curls
- Latissimus dorsi – middle back
 - Pull ups
 - Lat Pull down
 - Rows
- Pectoralis Major - Chest
 - Bench Press, Push-ups
- Hamstring – back of upper leg
 - Squats, Hip Raise, Dead lift
- Quadriceps – front of upper leg
 - Lunges
 - Squats
- Gastrocnemius – calves - upper
 - Heel raises
- Soleus – calves - lower
 - Heel raises
- Tibialis anterior – front of lower leg, shins

- Gluteus maximus- buttocks
 - Dead lift, Squats, Hip Raises
- Rectus abdominus – above stomach
 - Crunches, Plank
- External obliques – side of trunk
 - Twisting crunches
- Tibialis Anterior

○Toe Raises