



# Fitness Hub

## Exercise Report

First name	Last name	Type	Name	Detail	Day
Mansi	Thumar	For Abs(Abdomininals)	Crunch	Isolates the abs. Crunches exclusively work the abs. This is helpful if you are trying to get a six-pack.	Monday
Mansi	Thumar	For Legs	Leg Curls	While the primary benefits of leg curls are strengthening and improving flexibility in your hamstrings, the exercise also targets other muscle groups.	Wednesday
Harsh	Patel	For Abs(Abdomininals)	Trunk Rotation	Trunk rotation is an exercise used to improve core strength, stability, flexibility, and greater mobility of the spine.	Monday
Harsh	Patel	For Shoulder	ShoulderPress	The exercise targets several of the major upper body muscles including the deltoids, trapezius, triceps, serratus anterior and the upper portion of the pecs	Thursday
Janvi	Satashiya	For Back	Reverse Fly	The reverse fly targets the posterior deltoids (rear shoulders), and major upper back muscles including the rhomboids and trapezius.	Tuesday
Janvi	Satashiya	For Shoulder	UpRight Row	The upright row exercises the front and middle heads of the deltoids, as well as the trapezius, rhomboids, and even the biceps muscles.	Sunday
jijan	Thakkar	For Back	Pull-Up	The pullup is one of the most effective exercises for strengthening the back muscles. largest upper back	Saturday

				muscle that runs from the mid-back to under the armpit and shoulder blade	
jiyan	Thakkar	For Biceps	Biceps Curl	The biceps curl is a highly recognizable weight-training exercise that works the muscles of the upper arm, and to a lesser extent, those of the lower arm.	Friday
Avadh	Pujara	For Legs	Squats	Squatting exercise helps muscle growth throughout the body and not just the legs. This intense exercise promotes production of hormones essential for muscle growth and creates an anabolic environment.	Wednesday