9/19/17

Day 2 Notes

Have a list of exercises sorted by primary muscle first and secondary muscle after.

Github: Branch, commit changes, push onto server

Bicep

Tricep

Deltoid

Forearms

Wrist

Latissimus Dorsi

Trapezius

Pectorals

Gluteus Maximus

Abductors

Flexors

Quadriceps

Hamstrings

Hip Adductors

Calves