

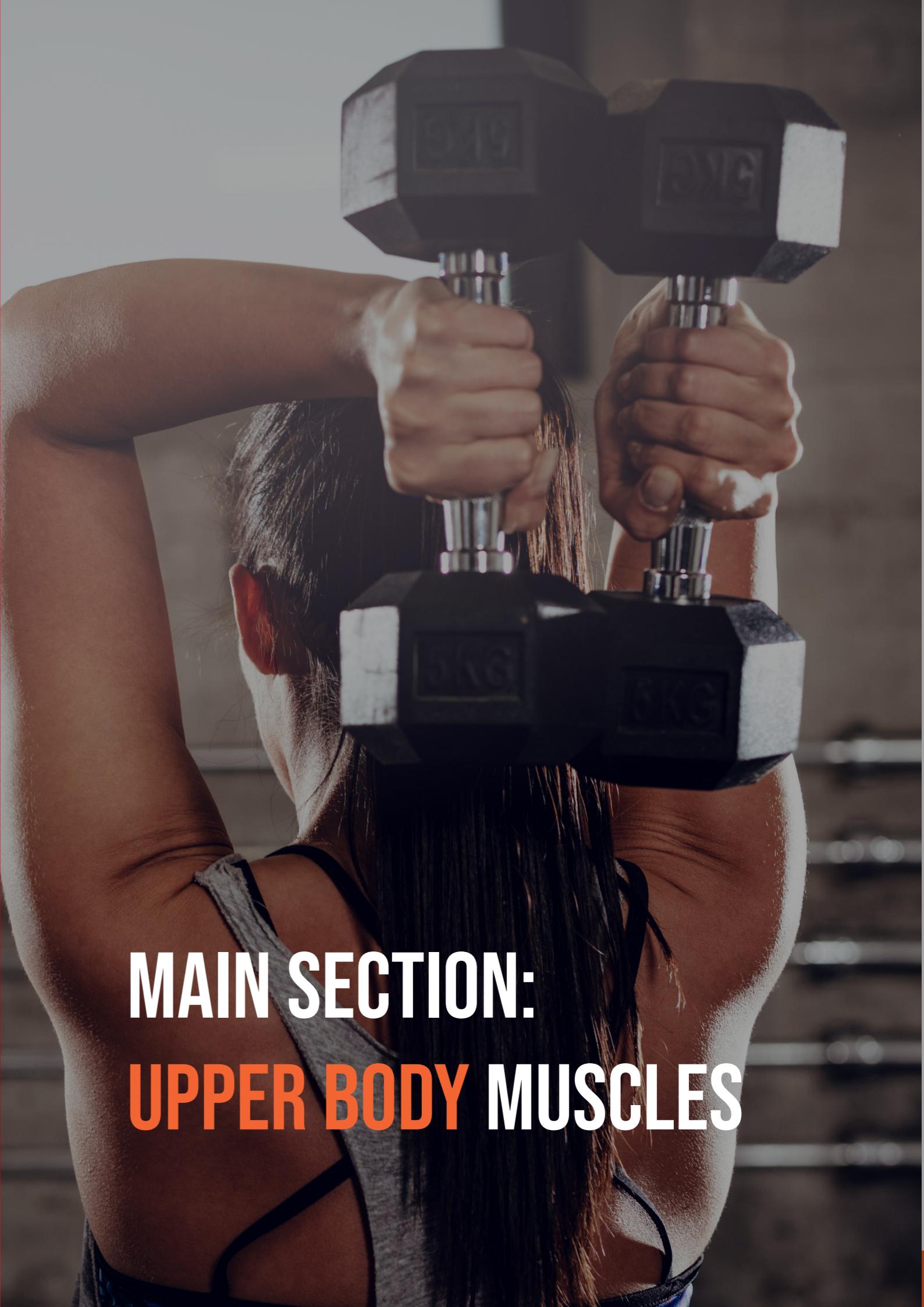


# MUSCLES

ORIGYM

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**MAIN SECTION:  
UPPER BODY MUSCLES**

# DELTOIDS

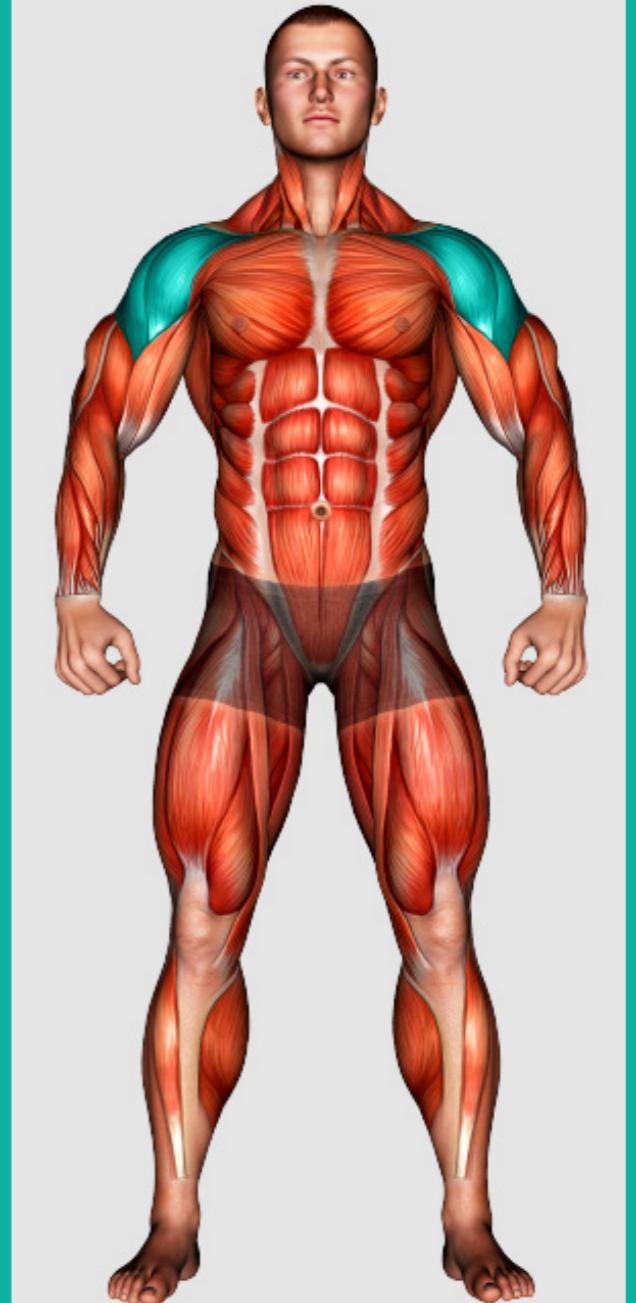


## JOINT ACTION

- Flexion
- Extension
- Medial Rotation
- Lateral Rotation
- Adduction
- Abduction
- Horizontal Extension
- Horizontal Flexion

## EXERCISES TO TARGET DELTOIDS

- Frontal Raise
- Lateral Raise
- Upright Row
- Seated Shoulder Press
- Standing Overhead Press
- Rear Deltoid Fly



## PRIMARY CONCENTRIC ACTIONS

- Abduction of the shoulder
- Flexion of the shoulder
- Extension of the shoulder

# BICEPS

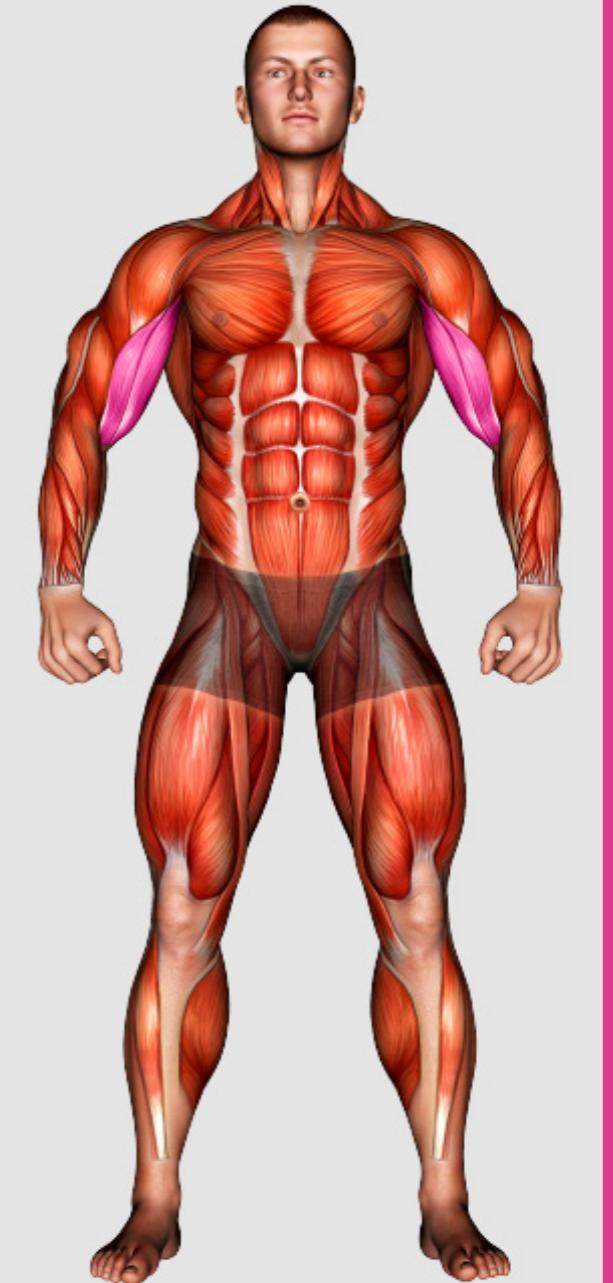


## JOINT ACTIONS

- Flexion
- Extension
- Supination
- Pronation

## EXERCISES TO TARGET BICEPS

- Barbell Bicep Curl
- Cable Bicep Curl
- Dumbbell Bicep Curl
- Bicep Body Row
- Machine Bicep Curl



## PRIMARY CONCENTRIC ACTIONS

- Supination of forearm
- Flexion of the elbow
- Flexion of the shoulder

# TRICEPS



## JOINT ACTIONS

- Flexion
- Extension

## EXERCISES TO TARGET TRICEPS

- Tricep Dips
- Tricep Extension
- Close Grip Tricep Press
- Seated Tricep Push Down
- Tricep Push Down



## PRIMARY CONCENTRIC ACTIONS

- Extension of the elbow
- Extension of the shoulder

# PECTORALS

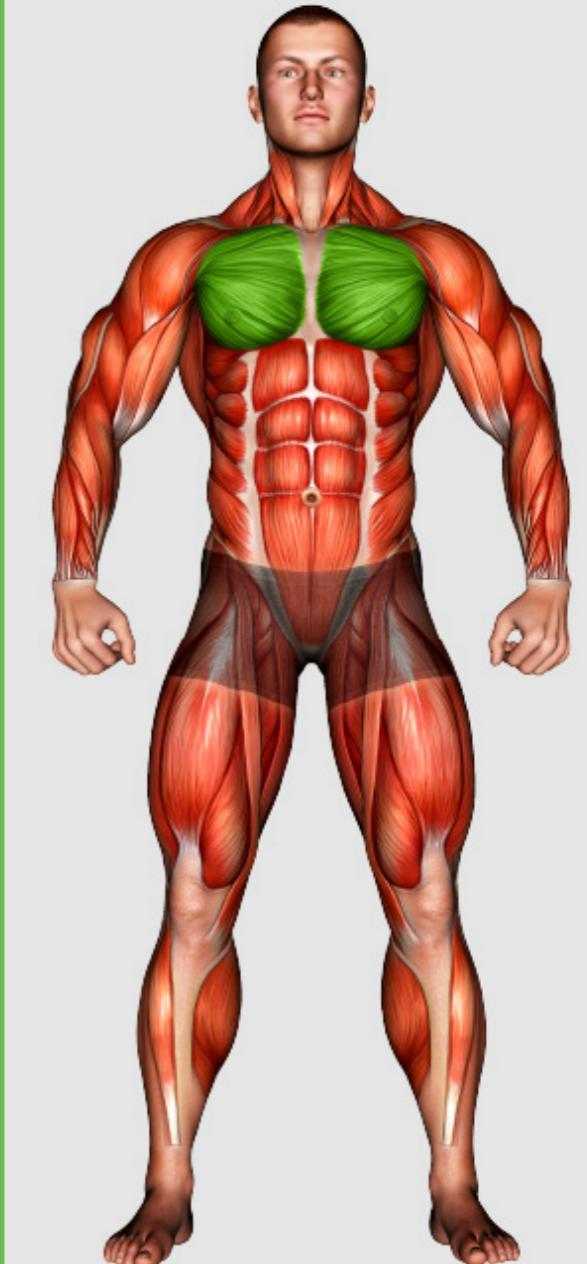


## JOINT ACTIONS

- Flexion
- Extension
- Supination
- Pronation

## EXERCISES TO TARGET PECTORALS

- Bench Press
- Seated Chest Press
- Chest Fly
- Pec Deck Fly
- Press up



## PRIMARY CONCENTRIC ACTIONS

- Horizontal flexion of the shoulder
- Adduction of the shoulder
- Medial rotation of the shoulder

# LATISSIMUS DORSI

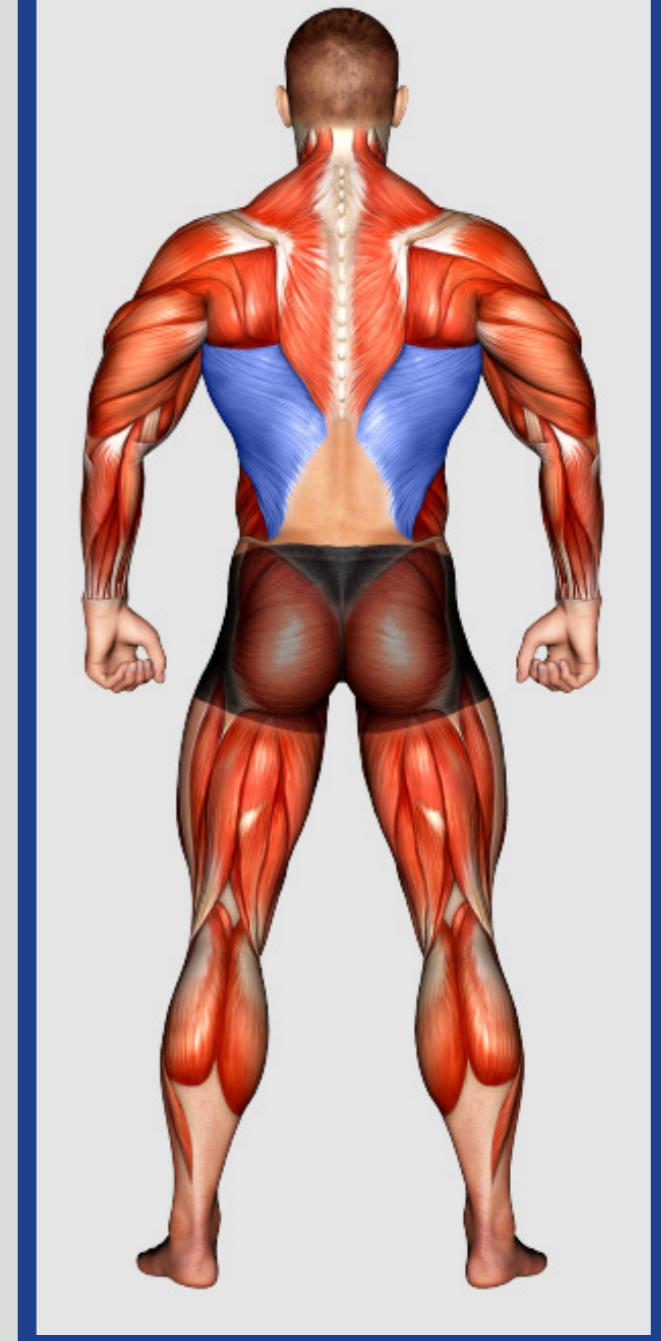


## JOINT ACTIONS

- Flexion
- Extension
- Depression
- Elevation
- Adduction
- Horizontal Extension
- Retraction
- Protraction

## EXERCISES TO TARGET LATISSIMUS DORSI

- Dumbbell Pull Over
- Lat Pull Down
- Chin Up and Pull Down
- Assisted Chin Up And Pull Up
- Cable Pushdown



## PRIMARY CONCENTRIC ACTIONS

- Adduction of the shoulder
- Extension of the shoulder
- Medial rotation of the shoulder

# RHOMBoids

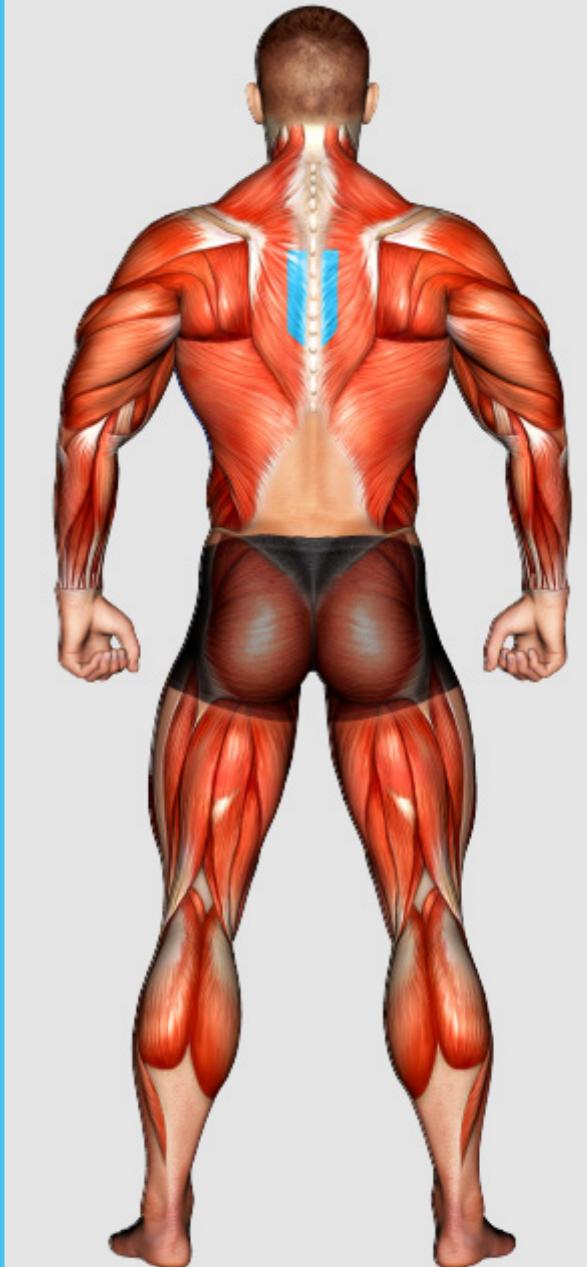


## JOINT ACTIONS

- Depression
- Extension
- Retraction

## EXERCISES TO TARGET RHOMBoids

- Seated Machine Rear Fly
- Standing Cable Rear Cross Over
- Dumbbell Reverse Fly



## PRIMARY CONCENTRIC ACTIONS

- Supination of forearm
- Flexion of the elbow
- Flexion of the shoulder

# TRAPEZIUS

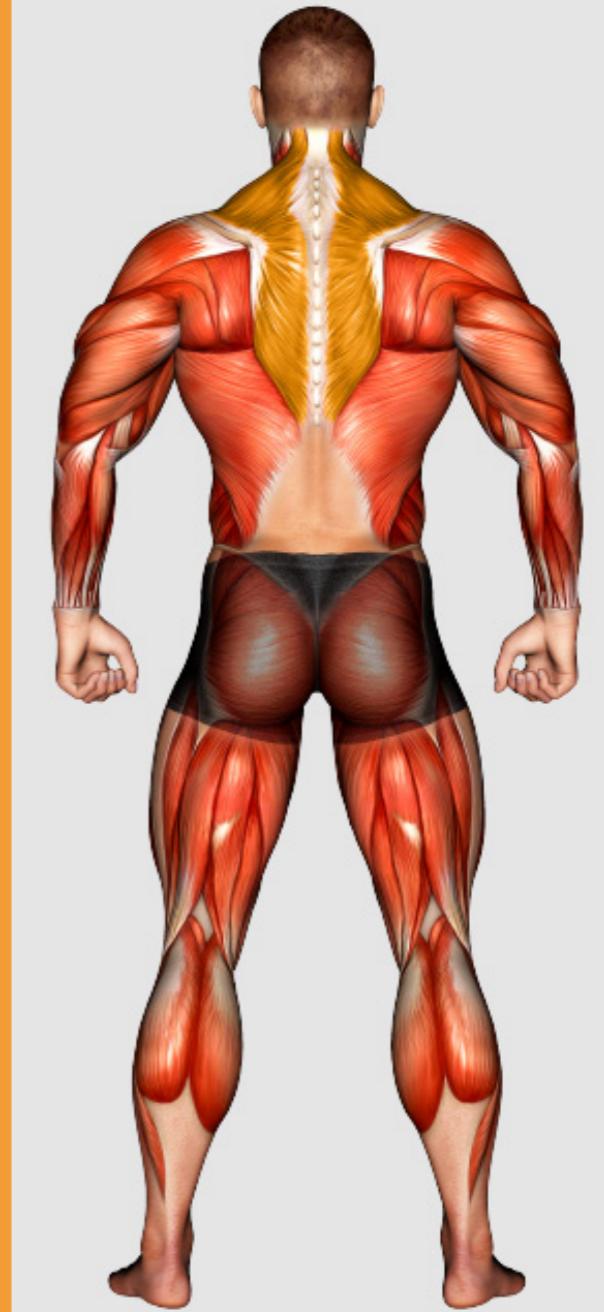


## JOINT ACTIONS

- Extension
- Depression
- Elevation
- Protraction
- Retraction
- Adduction
- Horizontal Extension

## EXERCISES TO TARGET TRAPEZIUS

- Bent Over Row
- Machine Seated Row (All Grips)
- Dumbbell Single Arm Row
- Inverted Body Row
- Cable Seated Row (All Grips)



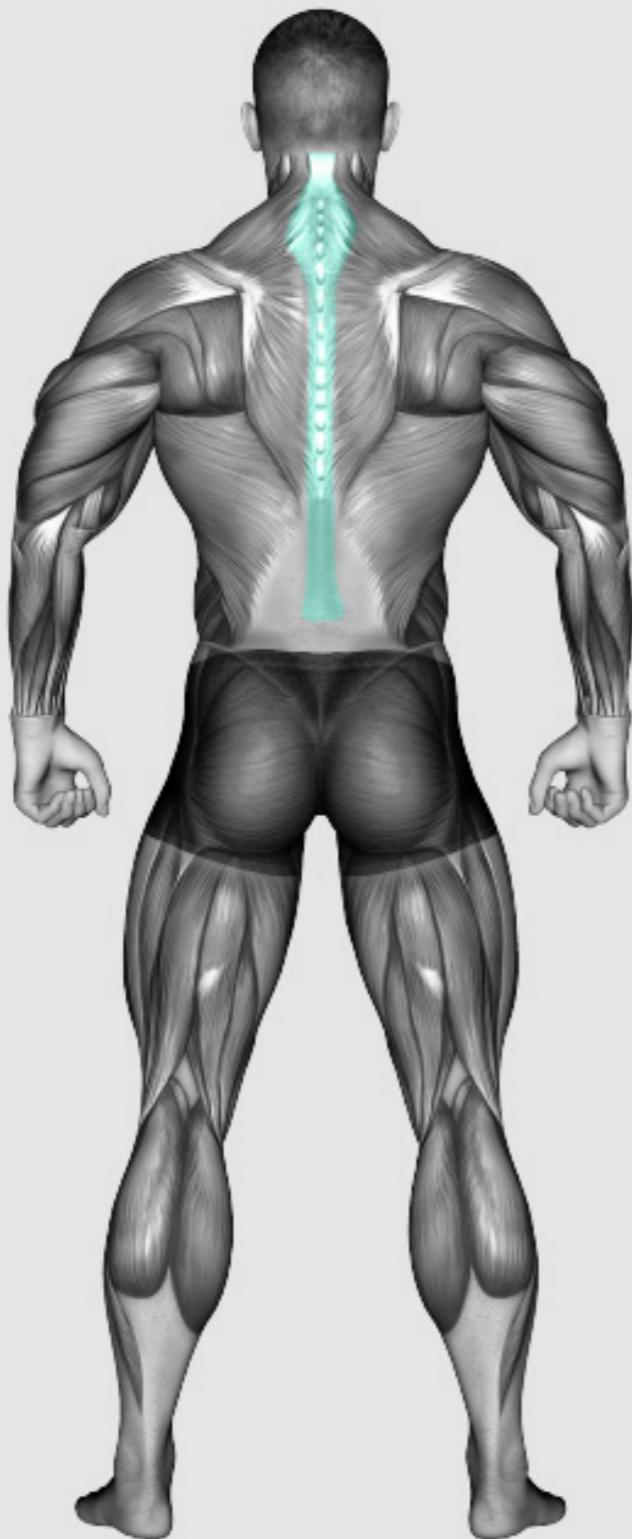
## PRIMARY CONCENTRIC ACTIONS

- Elevation, retraction
- Depression of shoulder girdle

A woman with long brown hair is performing a side plank variation. She is lying on her side on a blue yoga mat, with her body straight from head to heel. Her right arm is extended straight down to the floor, providing support. Her left leg is bent at the knee and tucked towards her chest. Her right leg is also bent at the knee and pulled up towards her chest. Her head is turned to look back over her shoulder. The background features large windows with white frames and a brick wall.

MAIN SECTION:  
**CORE** MUSCLES

# ERECTOR SPINAE

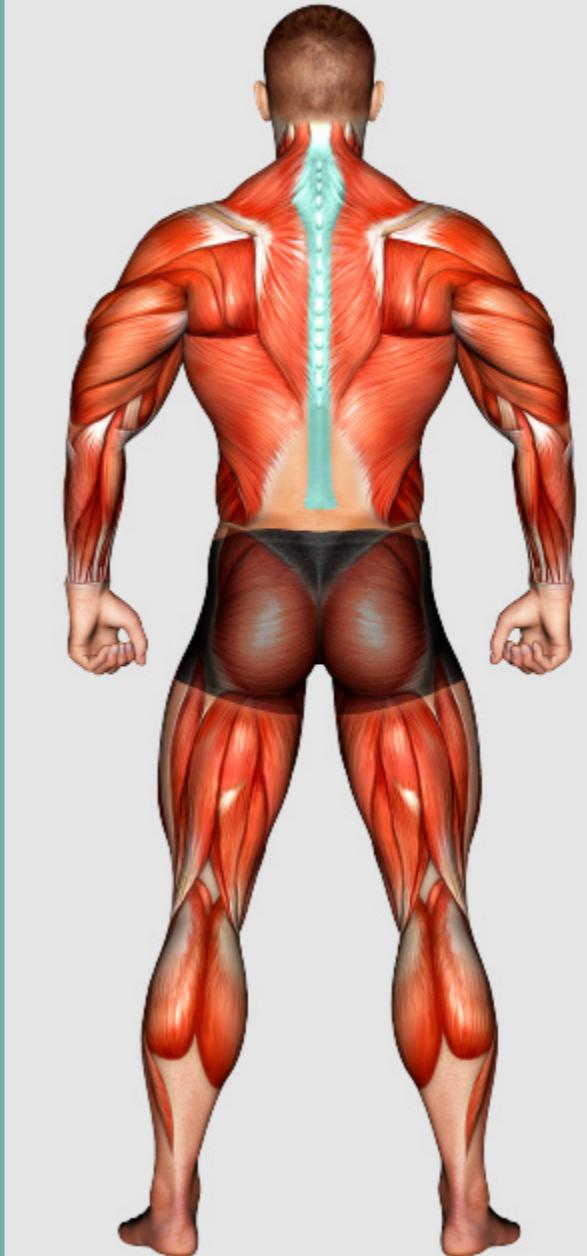


## JOINT ACTIONS

- Flexion
- Extension
- Rotation
- Lateral Flexion

## EXERCISES TO TARGET ERECTOR SPINAES

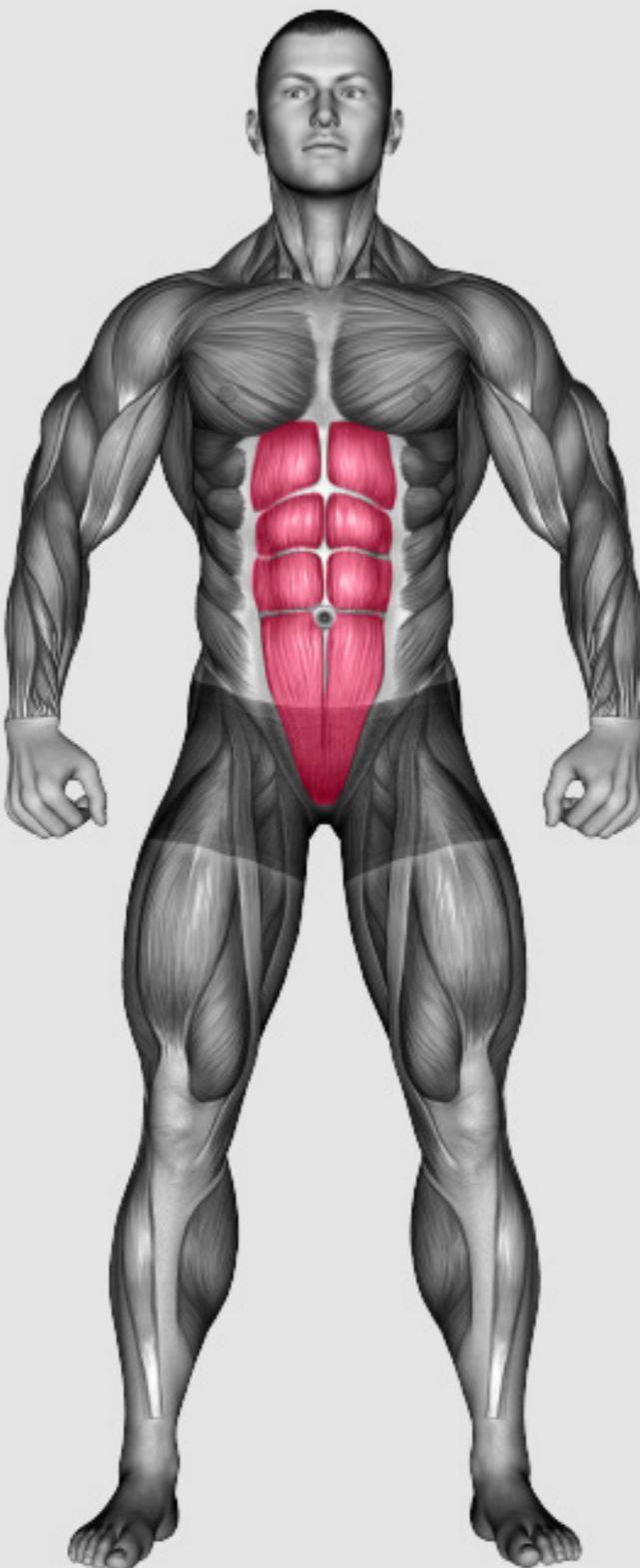
- Back Extension
- Abdominal Curl
- Seated Abdominal Crunch
- Seated Back Extension



## PRIMARY CONCENTRIC ACTIONS

- Extension
- Lateral flexion of spine

# RECTUS ABDOMINIS



## JOINT ACTIONS

- Flexion
- Extension
- Rotation
- Lateral Flexion

## EXERCISES TO TARGET RECTUS ABDOMINIS

- Back Extension
- Abdominal Curl
- Seated Abdominal Crunch
- Seated Back Extension



## PRIMARY CONCENTRIC ACTIONS

- Flexion of spine
- Lateral flexion of spine

# OBLIQUES

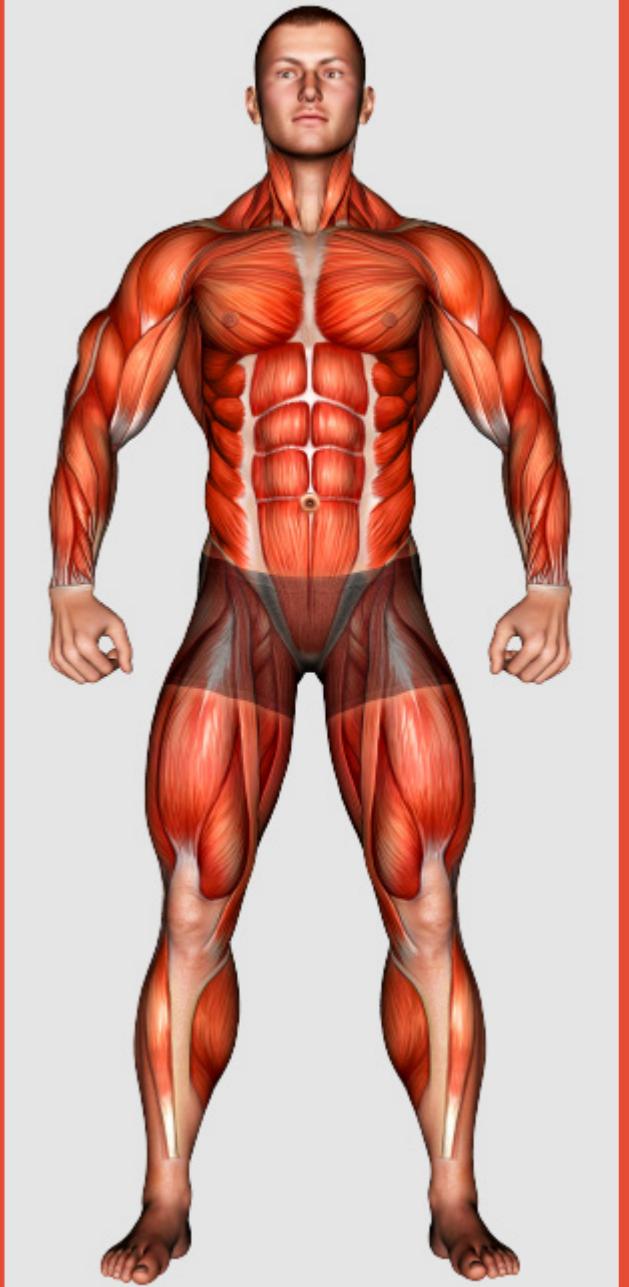


## JOINT ACTIONS

- Flexion
- Rotation
- Lateral Flexion

## EXERCISES TO TARGET OBLIQUES

- Flutter Kicks
- Plank
- Bicycle Crunch
- Cable Wood Chop



## PRIMARY CONCENTRIC ACTIONS

- Rotation of the spine
- Lateral flexion of the spine



## MAIN SECTION: LOWER BODY MUSCLES

# ADDUCTOR MUSCLES

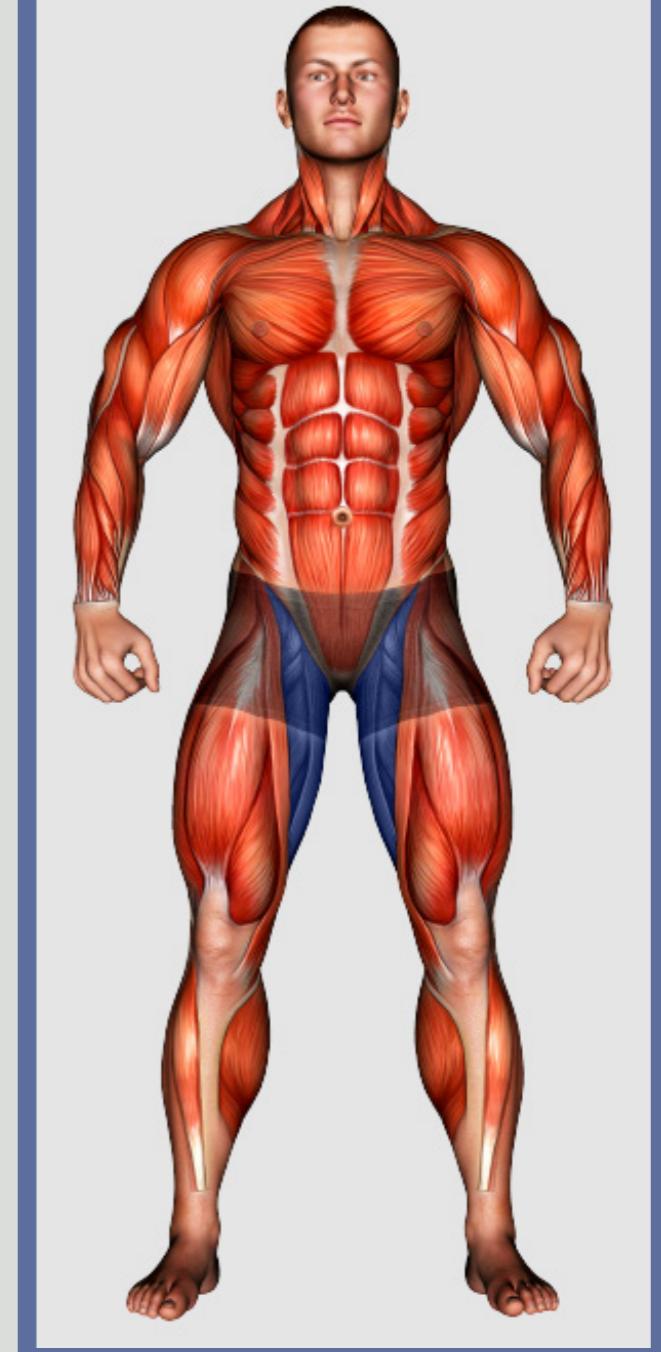


## JOINT ACTIONS

- Medial Rotation
- Adduction
- Circumduction

## EXERCISES TO TARGET ADDUCTOR MUSCLES

- Seated Hip Adduction
- Cable Hip Adduction
- Sumo Squat
- Barbell Sumo Squat



## PRIMARY CONCENTRIC ACTIONS

- Adduction of the hip
- Circumduction

# ABDUCTOR MUSCLES



## JOINT ACTIONS

- Abduction
- Circumduction
- Lateral Rotation

## EXERCISES TO TARGET ABDUCTOR MUSCLES

- Glute Bridge Hip Abduction
- Total Hip Machine
- Cable Hip Abduction
- Seated Hip Abduction
- Sumo Squat
- Barbell Sumo Squat



## PRIMARY CONCENTRIC ACTIONS

- Abduction of the hip
- Circumduction

# HIP FLEXORS

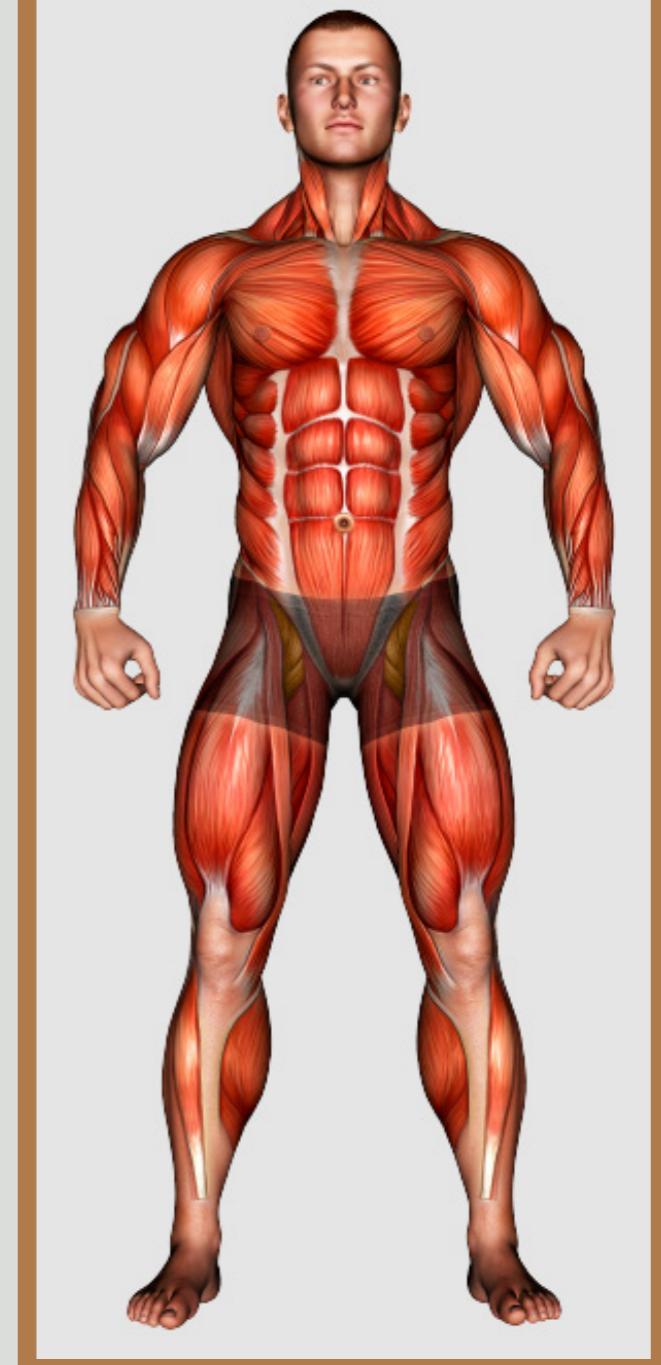


## JOINT ACTIONS

- Lateral Rotation
- Flexion
- Extension
- Circumduction

## EXERCISES TO TARGET HIP FLEXORS

- Flutter Kicks
- Plank
- Bicycle Crunch
- Cable Wood Chop



## PRIMARY CONCENTRIC ACTIONS

- Flexion of the hip
- Lateral rotation of the hip

# GLUTEALS



## JOINT ACTIONS

- Flexion
- Extension
- Medial Rotation
- Lateral Rotation
- Adduction
- Abduction
- Circumduction

## EXERCISES TO TARGET GLUTEALS

- Rear Lunge
- Glute Kickbacks
- Glute-Ham Raise
- Glute Bridge
- Squat
- Deadlift
- Lunge
- 45 Leg Press



## PRIMARY CONCENTRIC ACTIONS

- Extension of the hip
- External rotation of the hip

# HAMSTRINGS

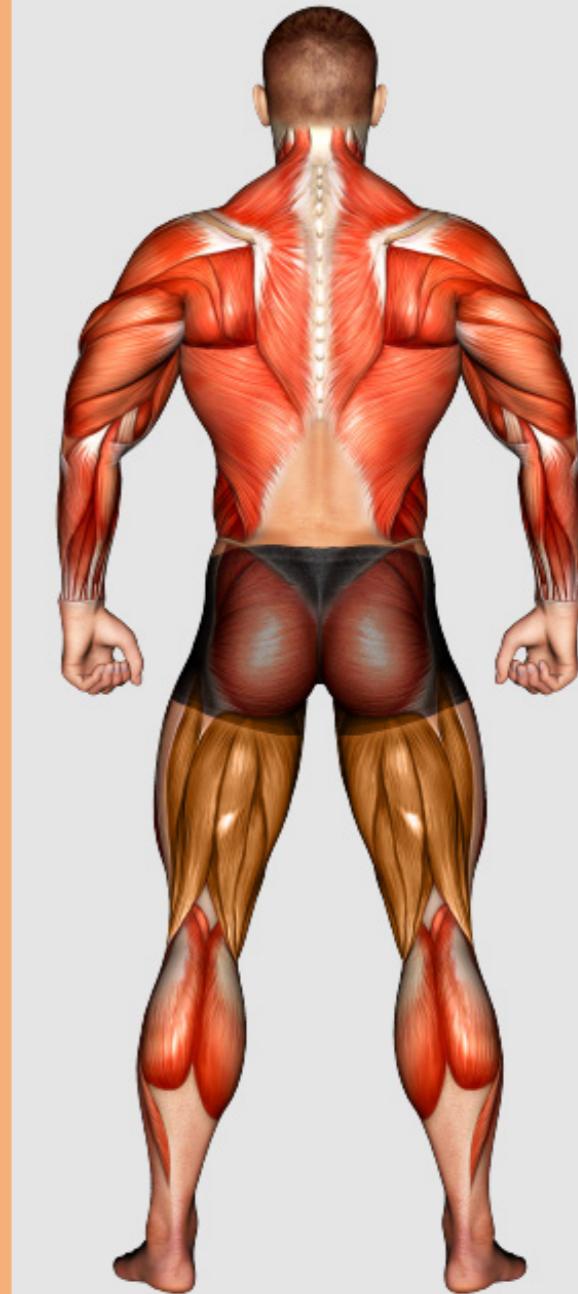


## JOINT ACTIONS

- Flexion
- Extension
- Adduction
- Abduction
- Circumduction

## EXERCISES TO TARGET HAMSTRINGS

- Seated Leg Curl
- Lunge
- Deadlift
- Lying Leg Curl
- 45 Leg Press
- Squat
- Rear Lunge



## PRIMARY CONCENTRIC ACTIONS

- Flexion of the hip
- Flexion of the knee

# QUADRICEPS



## JOINT ACTIONS

- Flexion
- Extension
- Medial Rotation
- Lateral Rotation
- Adduction
- Abduction
- Circumduction

## EXERCISES TO TARGET QUADRICEPS

- Squat
- Rear Lunge
- Lunge
- Barbell Back Squat
- Leg Press
- Leg Extension



## PRIMARY CONCENTRIC ACTIONS

- Extension of the knee
- Flexion of the hip

# SOLEUS

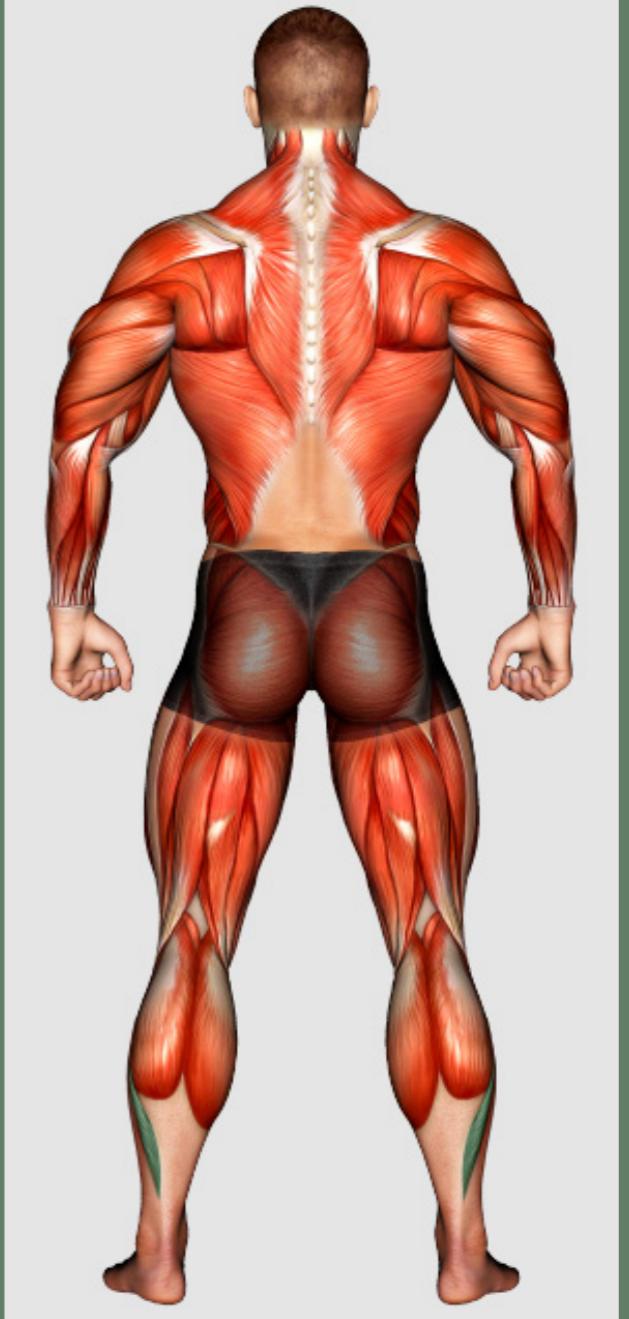


## JOINT ACTIONS

- Plantarflexion
- Dorsiflexion
- Eversion
- Inversion

## EXERCISES TO TARGET SOLEUS

- 45 Degree Calf Press
- Seated Calf Raise
- Standing Calf Raise (Supported)
- Standing Calf Raise (Weighted)



## PRIMARY CONCENTRIC ACTIONS

- Plantarflexion of ankle

# TIBIALIS ANTERIOR

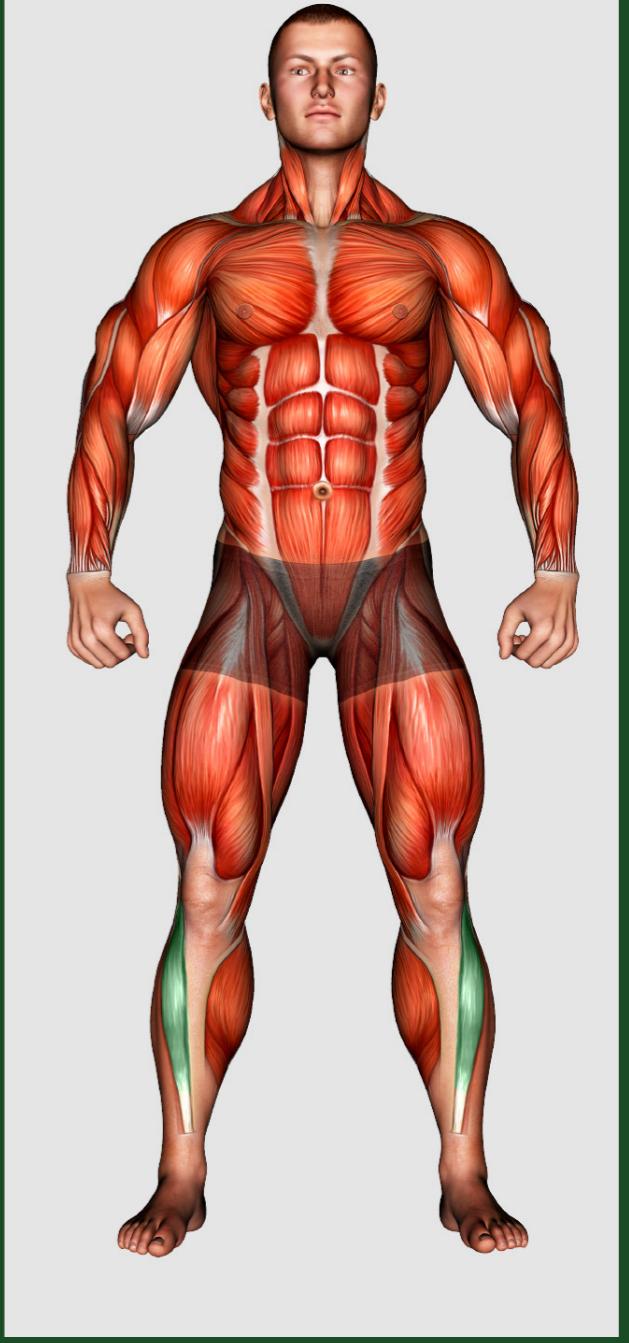


## JOINT ACTIONS

- Flexion
- Extension
- Supination
- Pronation

## EXERCISES TO TARGET TIBIALIS ANTERIOR

- 45° calf press  
- antagonist
- Seated calf raise  
- antagonist
- Standing calf raises (supported)  
- antagonist
- Standing calf raise  
- antagonist



## PRIMARY CONCENTRIC ACTIONS

- Dorsiflexion
- Inversion of ankle