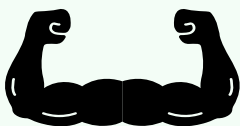




# Muscle Groups

Click on a green box to explore excercises for that muscle group



## CHEST

The chest muscles, also known as the pectoral muscles, are located in the upper front of the torso. They are responsible for movements such as pushing and hugging.

Muscles Include:

- Pectoralis major, Pectoralis minor, Serratus anterior, Subclavius

## ARMS

The arm muscles, including the biceps and triceps, are located in the upper arms. They are responsible for movements such as bending and extending the elbow.

Muscles Include:

- Biceps Brachii, Brachialis, Triceps Brachii, Forearm Muscles

## ABS

The abdominal muscles, also known as the abs, are located in the front of the abdomen. They are responsible for movements such as bending and twisting the torso.

Muscles include:

- Rectus Abdominus, External Obliques, Internal Obliques

## LEGS

The leg muscles located in the lower body. They are responsible for movements such as walking, running, and jumping.

Muscles include:

- Quadriceps, Hamstrings, Hip Flexors, Adductors, Abductors, IT Band, Calves, Foot Muscles

## SHOULDERS

The shoulder muscles, including the deltoids, are located in the upper arms and shoulders. They are responsible for movements such as lifting and rotating the arms.

Muscles include:

- Deltoid, Rotator Cuff Muscles, Trapezius, Rhomboid Muscles, Pectoralis Major, Latissimus Dorsi, Serratus Anterior

## BACK

The back muscles, including the latissimus dorsi and trapezius, are located in the upper and middle back. They are responsible for movements such as pulling and maintaining posture.

Muscles include:

- Deltoid, Rotator Cuff Muscles, Trapezius, Rhomboid Muscles, Pectoralis Major, Latissimus Dorsi, Serratus Anterior

## CORE

The core muscles, including the lower back and abdominal muscles, provide stability and support to the spine and pelvis. They are responsible for maintaining posture and balance.

Muscles include:

- Transversus Abdominis, Erector Spinae, Multifidus, Pelvic Floor Muscles, Hip Muscles

## GLUTES

The gluteal muscles, also known as the glutes, are located in the buttocks. They are responsible for movements such as hip extension and rotation.

Muscles include:

- Transversus Abdominis, Erector Spinae, Multifidus, Pelvic Floor Muscles, Hip Muscles

