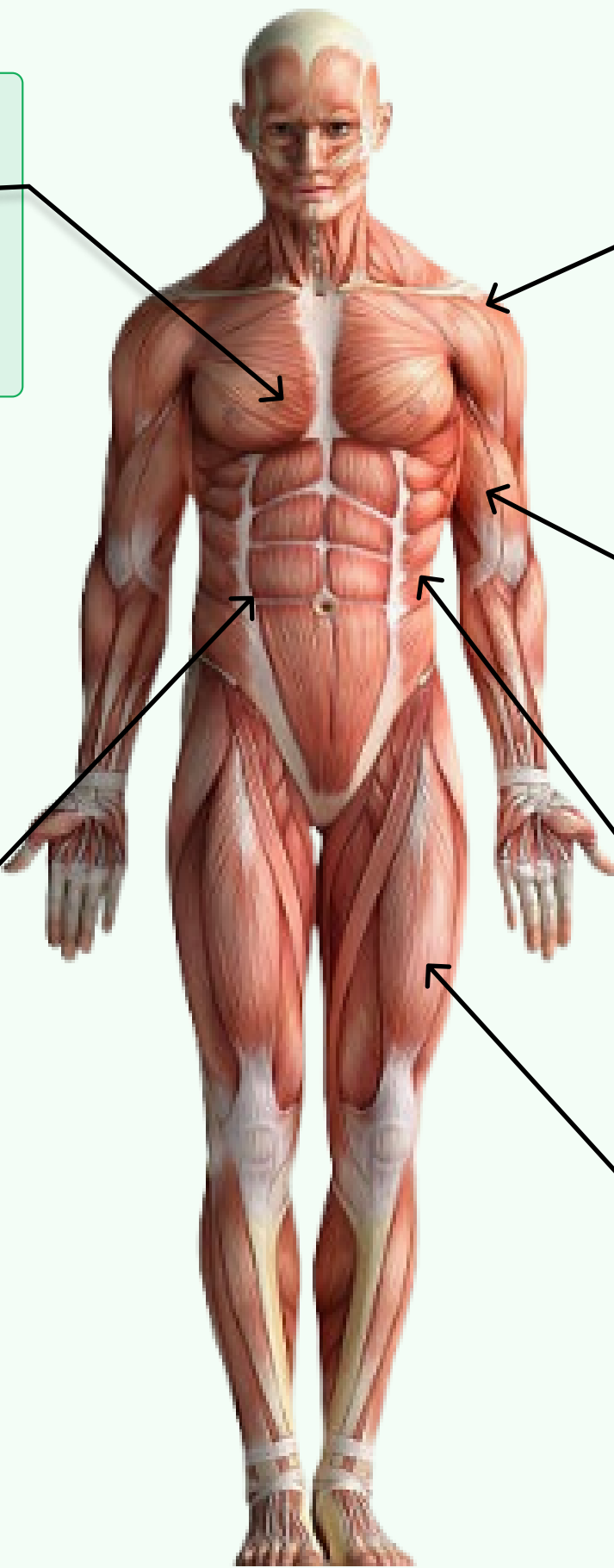




# Muscle Groups

Click on a green box to explore excersies 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.

## 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.

## 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.

## ARMS

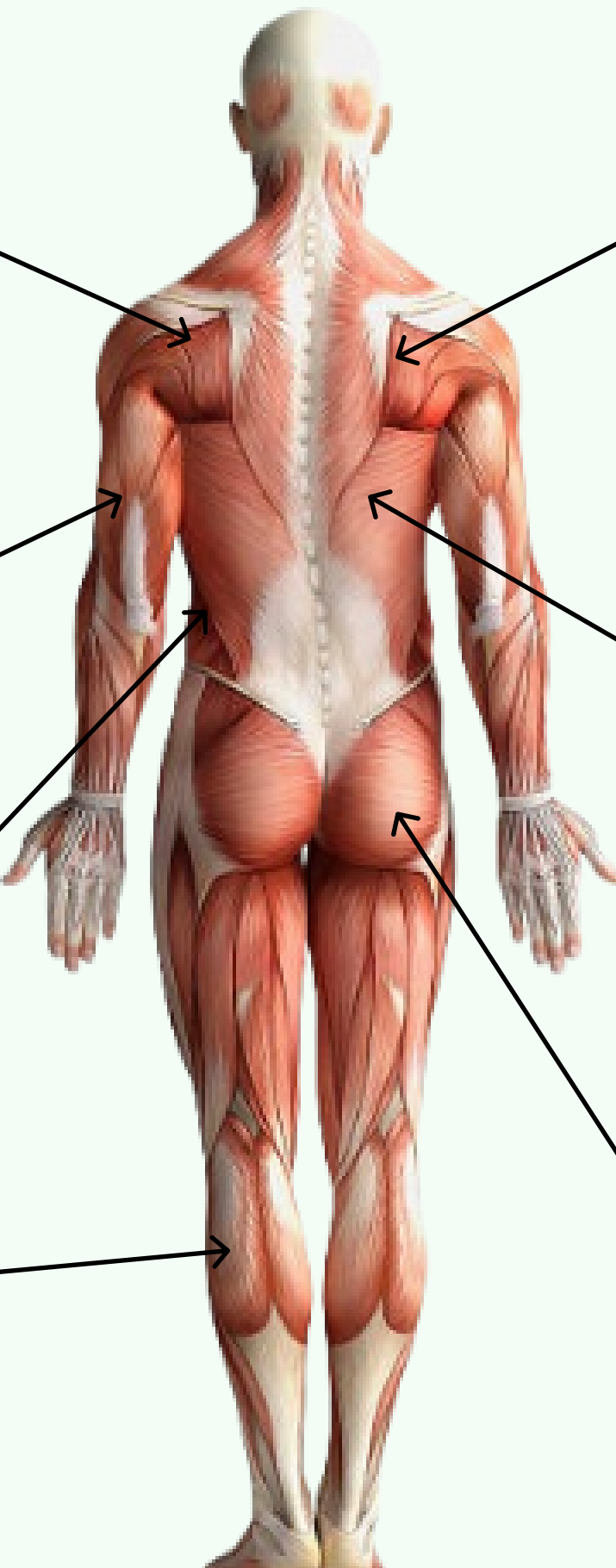
The arm muscles, including the biceps and triceps, are located in the upper arms. They are responsible for movements such as bending and extending the elbow.

## 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.

## LEGS

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



## 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.

## 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.

## 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.