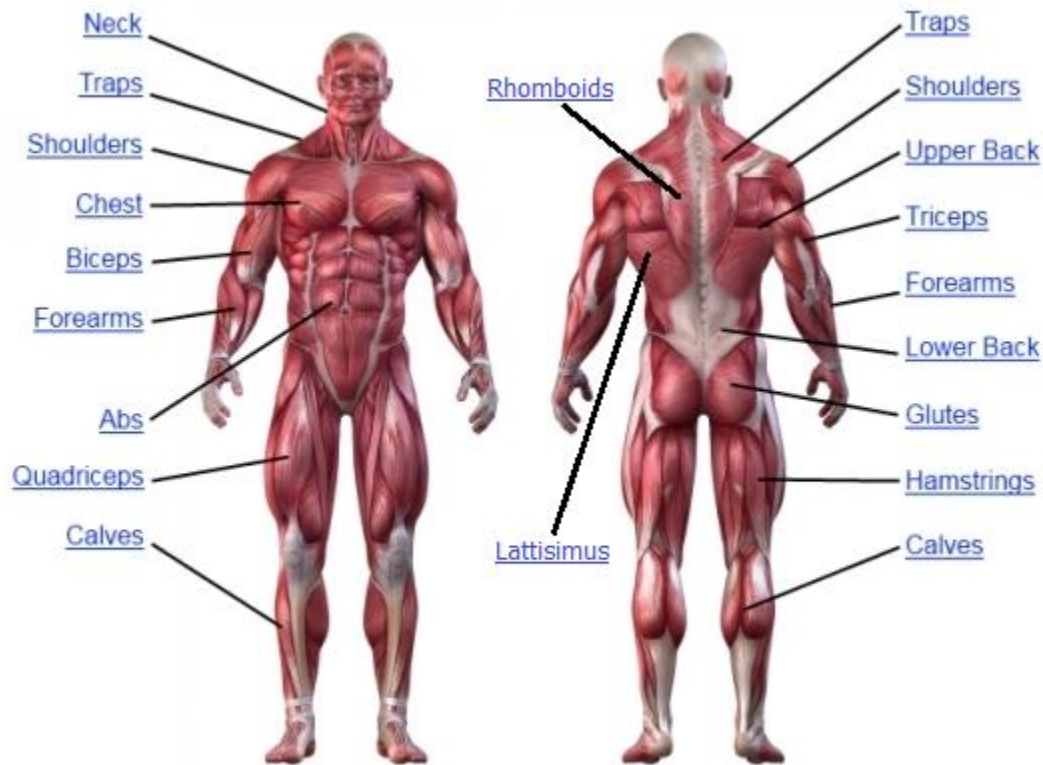


Muscle Groups



Below are some examples of exercises you can do in the muscle groups mentioned above.

Neck / Trapezius

- Upright row
- Shoulder shrug

Shoulders / Deltoids

- Shoulder press (middle/all heads)
- Front raise (anterior)
- Lateral raise (medial)
- Reverse fly (posterior)
- Upright row
- Medicine ball slam
- Boxing
- Rope wave
- Internal and external rotation (rehab exercise strengthens shoulder joint/small stabilizer muscles)

Chest / Pectorals

- Chest press (mid chest)
- Incline chest press (upper chest)
- Decline chest press (lower chest)
- Chest fly
- Push ups, tricep push ups, renegade push ups, crawl push ups etc
- Boxing
- Med ball wall chest throws

Muscle Groups



Back (Rhomboids, Lattisimus Dorsi)

Rhomboids

- Rows
- Bent over rows
- Reverse fly's
- Tyre rows
- TRX pull ups
- Smith machine pull ups
- Upright rows (upper rhomboids)

* Most Lattisimus exercises use Rhomboids as a secondary muscle

Lattisimus Dorsi

- Wide grip lattisimus pull downs
- Close grip lattisimus pull downs
- Straight arm pull downs
- Vertical pull ups
- Pull over's

* Most Rhomboid exercises use Lattisimus as a secondary muscle

Biceps

- Bicep curls
- Hammer curls, hammer curl pumps
- TRX bicep curl

*Mostly all back exercises uses biceps as a secondary muscle group (rows, pull downs, upright row etc)

Triceps

- Tricep push downs
- Skull crushers
- TRX Tricep extensions
- Overhead tricep extension
- Dips

Forearms

- Wrist curls
- Hammer curls

Glutes / Quads

- Squats, sumo squats (works inner thigh as well), pop squats
- Walking lunges
- Step ups (low and high)
- Wall squat
- Glute raises (glutes, not quads)
- Leg extensions (just quads)
- Leg press (gym machine needed)
- Tyre drag run
- Running

Hamstrings

- Hamstring curls (with band, fitball or gym machine)
- Glute raises
- TRX hamstring swing in

Muscle Groups



- Backwards tyre drag run
- Running

Side Glute

- Side leg raises
- Leg abductions
- Side steps
- Lateral step shuffles

Inner Thigh

- Leg adductions
- Magic circle (inner thigh gadget)
- Sumo Squats

Calves

- Calf raises on ledge
- Running
- Steps or staircases

*Most leg exercises use Calves as a secondary muscle

Abdominals (Oblique's, Core, Lower Back)

Abdominals

- Crunches
- Sit ups
- Double and single leg raises
- Reverse crunches
- V-sit ups

Oblique's

- Oblique sit up (opposite elbow to opposite knee)
- Side heel taps
- Oblique twists
- Side med ball slams
- Heavy dumbbell side crunches
- Resistance band woodchoppers

Core

- Sit back open arm fly
- Planking (front plank, back plank, side plank, tall plank)
- Fitball rollouts
- TRX swing out
- Leg raise holds
- Glute raises

* Have core switched on for nearly all exercises

Lower back

- Back extensions
- Fitball rollouts
- Glute raises
- Planking (particularly back plank hold)
- Superman
- Prone cobra