

# MUSCLE ACTION EXERCISES:

## **TRAPEZIUS/RHOMBOIDS:**

SHOULDER SHRUGS  
BACK ROW

## **TRICEPS:**

OH PRESS  
KICKBACKS  
DIPS

## **DELTOIDS:**

ANTERIOR-DB FRONT RAISES  
MIDDLE-LATERAL RAISES  
POSTERIOR-BACK ROW

## **PECTORALS**

PUSH-UP  
STRAIGHT ARM OH PRESS  
BENCH PRESS  
DB FLY  
LAT PULL

## **BICEPS:**

ARM CURLS

## **RECTUS ABDOMINIS:**

CURL UPS  
SIT UPS

## **OBLIQUES:**

CRISS CROSS  
RUSSIAN TWIST

## **TRANSVERSE ABDOMINIS:**

PLANK

## **ERECTOR SPINAE:**

SUPERMAN  
OPPOSITE ARM LEG LIFTS

## **ILLIOPSOAS:**

SQUAT  
LUNGE  
LEG LIFTS

## **ADDUCTORS:**

SIDE-LYING LIFTS  
TRAVELING SQUATS

## **QUADRIEPS:**

SQUATS  
LUNGES  
LEG LIFTS  
LEG EXTENSION (BAND)

## **ABDUCTORS:**

SIDE-LYING LIFTS

TRAVELING SQUATS  
BANDS LATERAL LIFTS

## **GLUTEUS MAXIMUS:**

LEG EXTENSIONS (BAND)  
LEG LIFTS FROM PRONE  
LEG LIFTS FROM 4-POINT  
STANCE

## **HAMSTRINGS:**

SQUAT  
LUNGES  
LEG EXTENSIONS (BAND)  
BAND CURLS

## **TIBIALIS ANTERIOR:**

SQUAT  
TOE LIFTS

## **GASTROCNEMIUS/SOLEUS:**

CALF RAISES  
BAND CURLS