



ANATOMY & EXERCISE GUIDE

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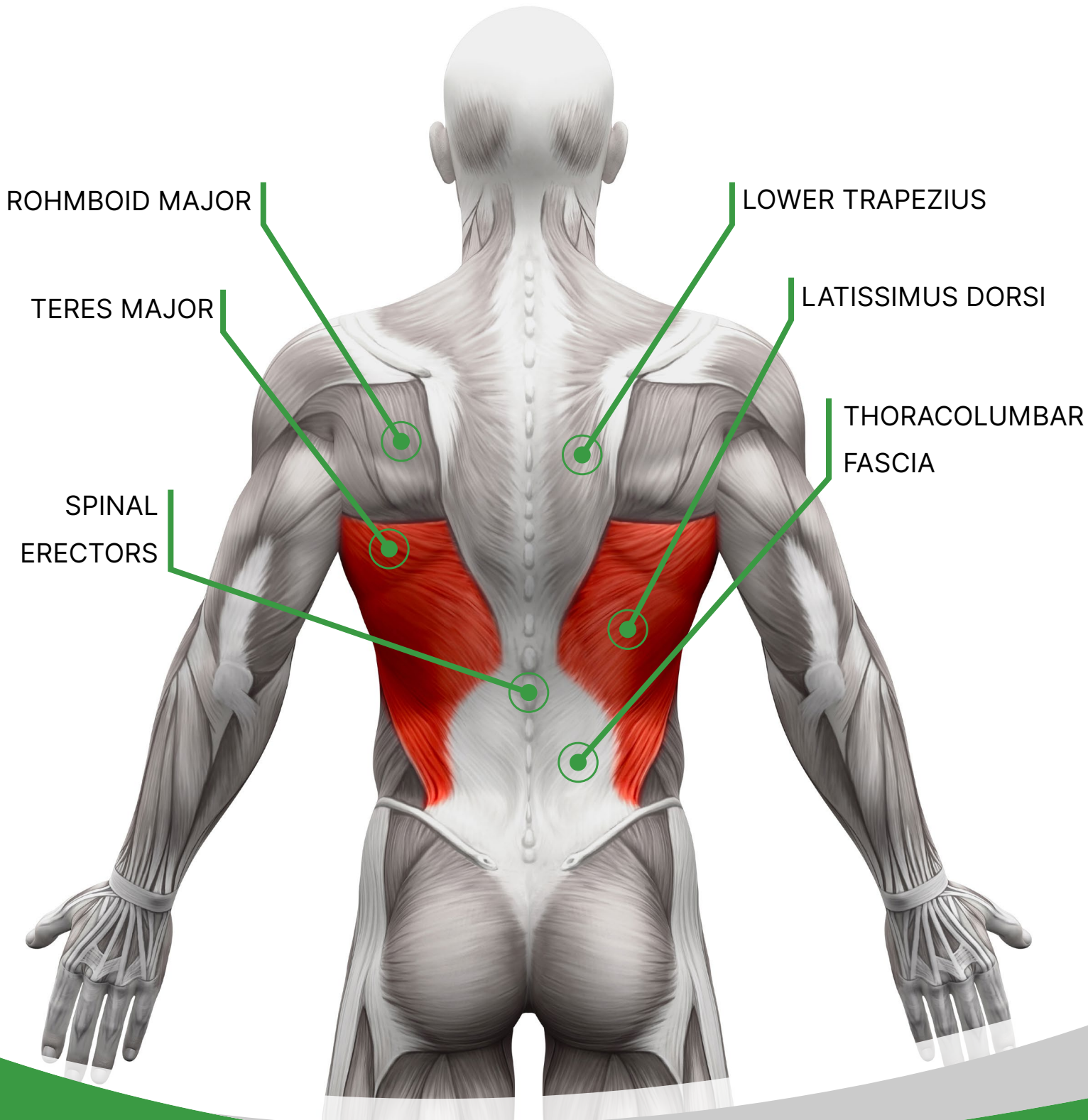
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BACK MUSCLE ANATOMY



SAMPLE BACK EXERCISES

WIDE GRIP CABLE PULLDOWN

Sit down on a pull-down machine with a wide bar attached to the top pulley. Make sure that you adjust the kneepad of the machine to fit your height. Grab the bar with the palms facing forward using the prescribed grip. As you have both arms extended in front of you holding the bar at the chosen grip width, bring your torso back around 30 degrees or so while creating a curvature on your lower back and sticking your chest out. This is your starting position. As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back.

TARGETED MUSCLES

LATISSIMUS DORSI

TERES MAJOR

LOWER TRAPEZIUS

REAR DELTOIDS

Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the bar; therefore, do not try to pull down the bar using the forearms. After a second at the contracted position squeezing your shoulder blades together, slowly raise the bar back to the starting position when your arms are fully extended and the last are fully stretched. Inhale during this portion of the movement. Repeat this motion for the prescribed amount of repetitions.

DEADLIFT

Approach the bar so that it is cantered over your feet. Your feet should be about hip width apart. Bend at the hip to grip the bar at shoulder-width allowing your shoulder blades to protract. Typically, you would use an alternating grip. With your feet and your grip set, take a big breath and then lower your hips and flex the knees until your shins contact the bar. Look forward with your head. Keep your chest up and your back arched, and begin driving through the heels to move the weight upward. After the bar passes the knees aggressively pull the bar back, pulling your shoulder blades together as you drive your hips forward into the bar. Lower the bar by bending at the hips and guiding it to the floor.

TARGETED MUSCLES

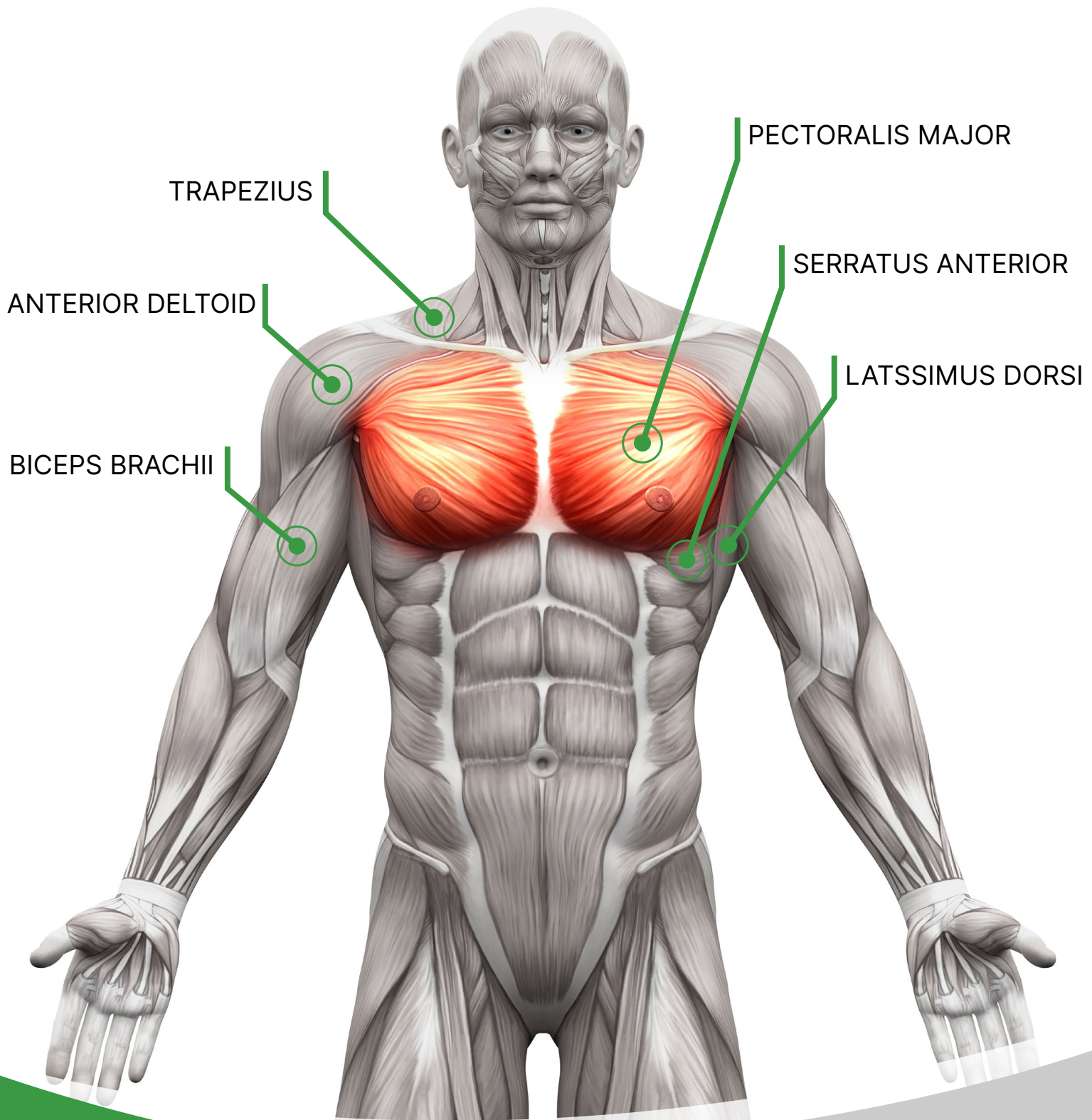
TRAPEZIUS

ROHMBOID MAJOR

SPINAL ERECTORS

LATISSIMUS DORSI

CHEST MUSCLE ANATOMY



SAMPLE CHEST EXERCISES

FLAT BARBELL BENCH PRESS

Lie back on a flat bench. Using a medium width grip (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position. From the starting position, breathe in and begin coming down slowly until the bar touches your middle chest. After a brief pause, push the bar back to the starting position as you breathe out. Focus on pushing the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position at the top of the motion, hold for a second and then start coming down slowly again.

Tip: Ideally, lowering the weight should take about twice as long as raising it. Repeat the movement for the prescribed amount of repetitions. When you are done, place the bar back in the rack.

TARGETED MUSCLES

PECTORALIS MAJOR

ANTERIOR DELTOID

TRICEPS BRACHII

INCLINE DUMBBELL PRESS

Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width. Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90-degree angle. Be sure to maintain full control of the dumbbells at all times. This will be your starting position. Then, as you breathe out, use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly.

Tip: Ideally, lowering the weight should take about twice as long as raising it. Repeat the movement for the prescribed amount of repetitions of your training program.

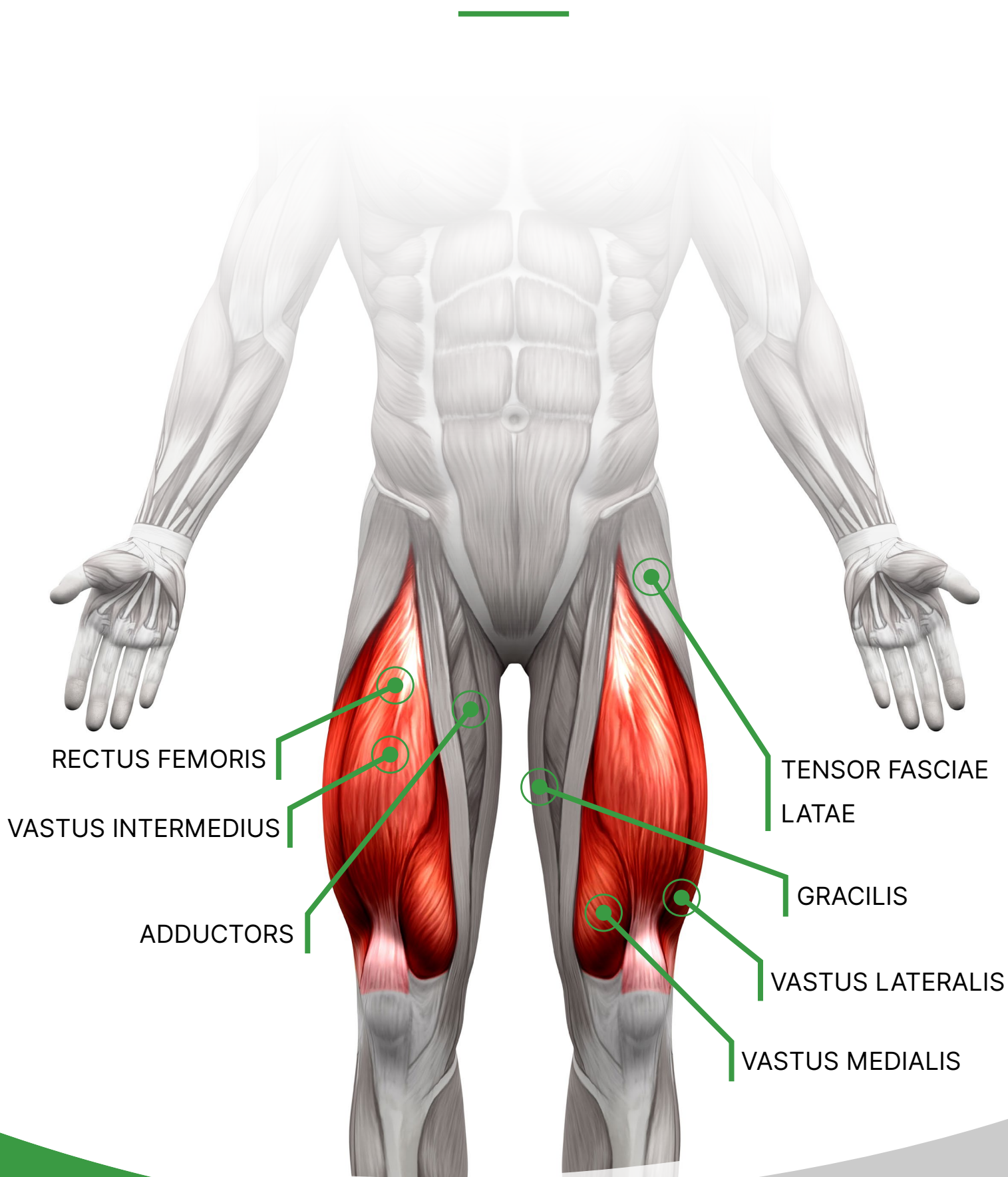
TARGETED MUSCLES

PECTORALIS MAJOR

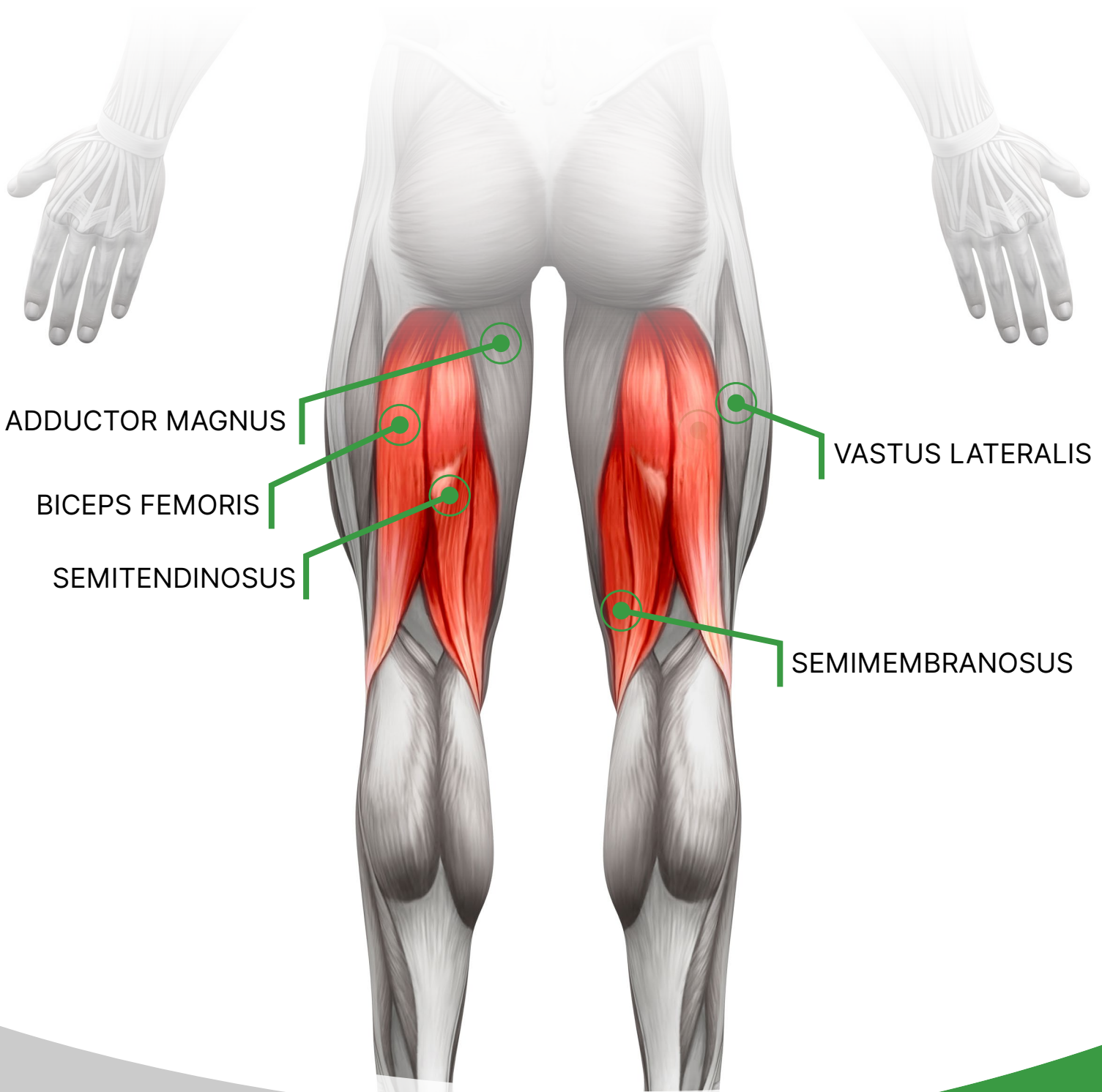
ANTERIOR DELTOID

TRICEPS BRACHII

LEG MUSCLE ANATOMY



LEG MUSCLE ANATOMY



SAMPLE LEG EXERCISES

LYING HAMSTRING CURL

Adjust the machine lever to fit your height and lie face down on the leg curl machine with the pad of the lever on the back of your legs (just a few inches under the calves). Keeping the torso flat on the bench, ensure your legs are fully stretched and grab the side handles of the machine. Position your toes straight. This will be your starting position. As you exhale, curl your legs up as far as possible without lifting the upper legs from the pad. Once you hit the fully contracted position hold it for a second. As you inhale, bring the legs back to the initial position.

TARGETED MUSCLES
SEMITENDINOUS
SEMIMEMBRANOSOUS
BICEPS FEMORIS
GRACILIS

Tip: Do not ever use so much weight on the exercise that you start using swinging and jerking as you can risk both lower back injury and also a hamstring injury.

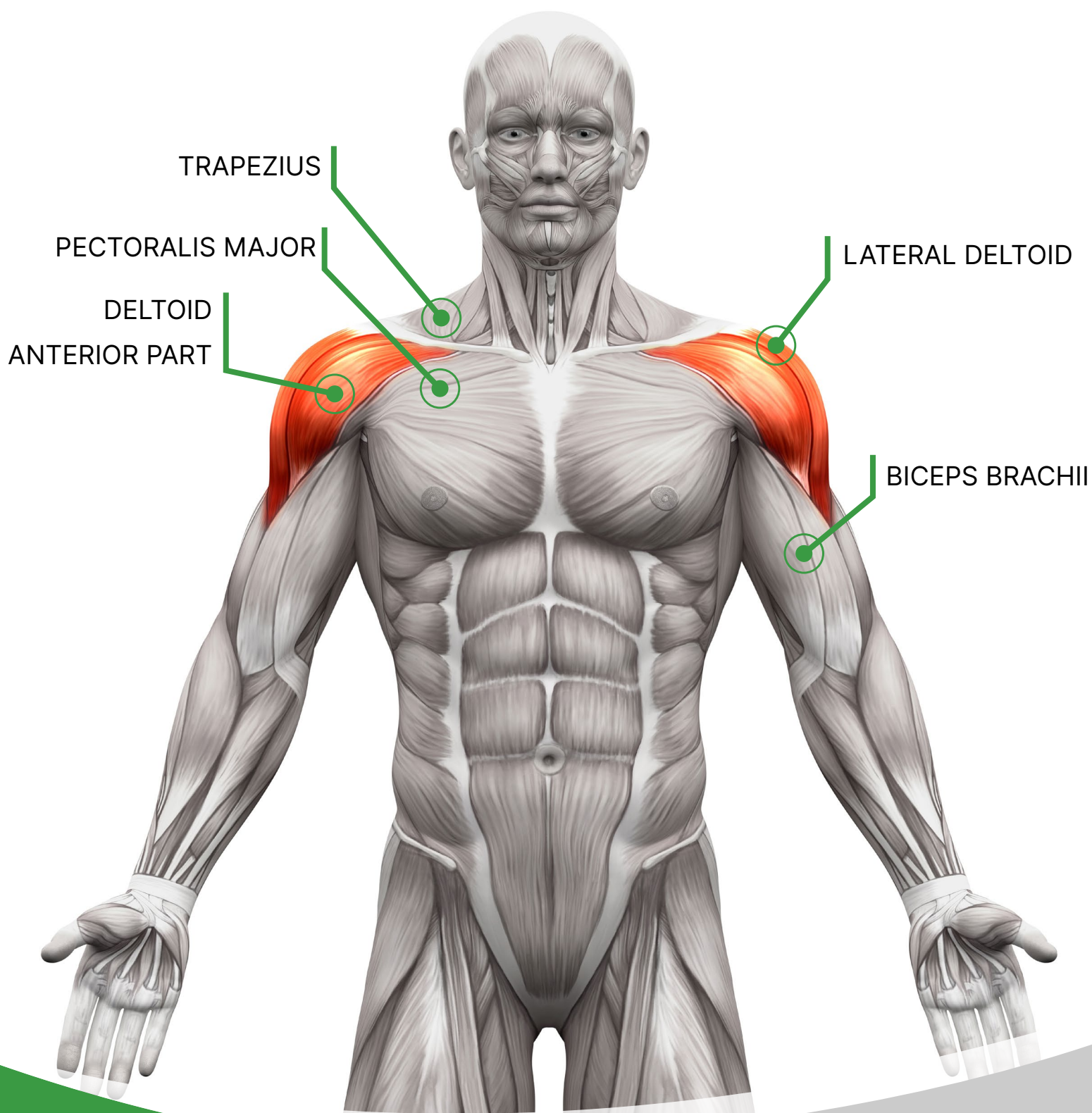
LEG PRESS

Using a leg press machine, sit down on the machine and place your legs on the platform directly in front of you shoulder width apart. Lower the safety bars holding the weighted platform in place and press the platform all the way up until your legs are fully extended in front of you. Your torso and the legs should make a perfect 90-degree angle. This will be your starting position. As you inhale, slowly lower the platform until your upper and lower legs make a 90-degree angle. Pushing mainly with the heels of your feet and using the quadriceps go back to the starting position as you exhale.

TARGETED MUSCLES
RECTUS FEMORIS
VASTUS INTERMEDIUS
VASTUS MEDIALIS
VASTUS LATERALIS

Tip: Ensure to lock the safety pins properly once you are done. You do not want that platform falling on you fully loaded.

SHOULDER MUSCLE ANATOMY



SAMPLE SHOULDER EXERCISES

CABLE SIDE LAT RAISE

Start by standing to the right side of a low pulley row. Use your left hand to come across the body and grab a single handle attached to the low pulley with a pronated grip (palms facing down). Rest your arm in front of you. Your right hand should grab the machine for better support and balance. Make sure that your back is erect, and your feet are shoulder width apart from each other. This is the starting position. Begin to use the left hand and come across your body out until it is elevated to shoulder height while exhaling. Feel the contraction at the top for a second and begin to slowly lower the handle back down to the original starting position while inhaling. Repeat for the recommended amount of repetitions. Switch arms and repeat the exercise.

TARGETED MUSCLES

ANTERIOR DELTOID

LATERAL DELTOID

SERRATUS ANTERIOR

OR

STANDING SIDE LAT RAISE

Pick a couple of dumbbells and stand with a straight torso and the dumbbells by your side at arm's length with the palms of the hand facing you. This will be your starting position. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend on the elbow and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until your arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top. Lower the dumbbells back down slowly to the starting position as you inhale. Repeat for the recommended amount of repetitions.

SEATED DUMBBELL PRESS

While holding a dumbbell in each hand, sit on a military press bench or utility bench that has back support. Place the dumbbells upright on top of your thighs. Now raise the dumbbells to shoulder height one at a time using your thighs to help propel them up into position. Make sure to rotate your wrists so that the palms of your hands are facing forward. This is your starting position. Now, exhale and push the dumbbells upward until they touch at the top. Then, after a brief pause at the top contracted position, slowly lower the weights back down to the starting position while inhaling. Repeat for the recommended amount of repetitions.

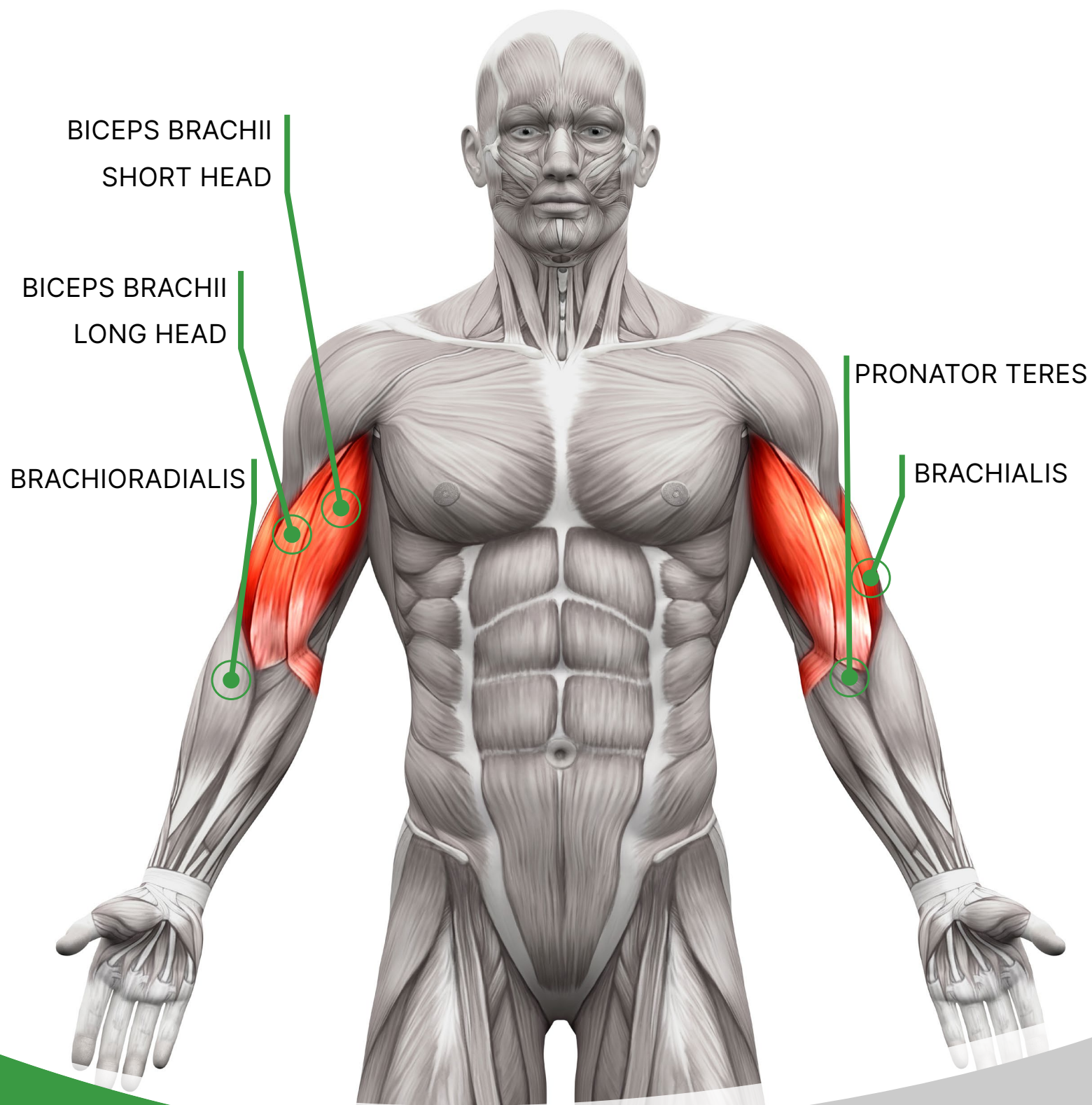
TARGETED MUSCLES

TRAPEZIUS

ANTERIOR DELTOID

LATERAL DELTOID

BICEP MUSCLE ANATOMY



SAMPLE BICEP EXERCISES

DUMBBELL CURLS

Starting position should be arms held to your side holding the dumbbells, with your palms facing your side. As you come up during the curling motion then rotate your palms towards the air and then try and aim to get your little finger to your shoulder forcing you to rotate the bicep and wrist more causing the bicep to contract even more. Don't allow your body to swing, keep form strict and use a weight that is challenging but manageable, allowing you to contract throughout the full movement.

TARGETED MUSCLES

BICEPS BRACHII

BRACHIORADISLIS

BRACHIALIS

PRONATOR TERES

BARBELL CURLS

Stand up with your torso upright while holding a barbell at a shoulder-width grip. The palm of your hands should be facing forward and the elbows should be close to the torso. This will be your starting position. While holding the upper arms stationary, curl the weights forward while contracting the biceps as you breathe out.

TARGETED MUSCLES

BICEPS BRACHII

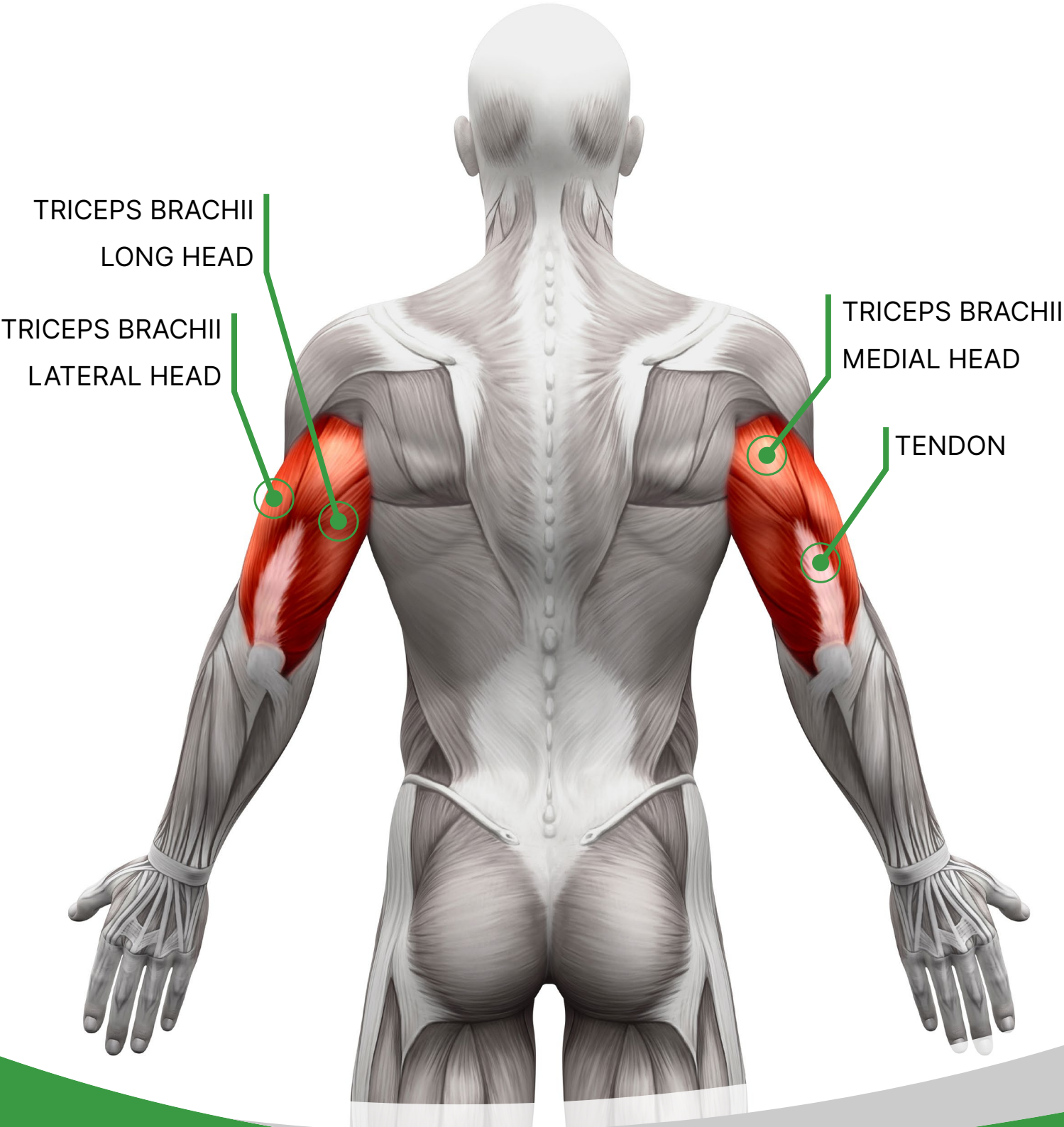
BRACHIORADISLIS

BRACHIALIS

PRONATOR TERES

Tip: Only the forearms should move. Continue the movement until your biceps are fully contracted and the bar is at shoulder level. Hold the contracted position for a second and squeeze the biceps hard. Slowly begin to bring the bar back to starting position as you breathe in.

TRICEP MUSCLE ANATOMY



SAMPLE TRICEP EXERCISES

TRICEPS ROPE EXTENSION

Attach a rope to a high pulley standing upright with the torso straight and a very small inclination forward, bring the upper arms close to your body and perpendicular to the floor. This is your starting position. Using the triceps, bring the rope down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. After a second hold at the contracted position, bring the rope slowly up to the starting point. Breathe in as you perform this step. Repeat for the recommended amount of repetitions.

TARGETED MUSCLES

TRICEP BRACHII LONG HEAD

TRICEP BRACHII LATERAL HEAD

TRICEP BRACHII MEDIAL HEAD

BAR CABLE EXTENSION

Attach a straight or angled bar to a high pulley and grab with an overhand grip (palms facing down) at shoulder width. Standing upright with the torso straight and a very small inclination forward, bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar. This is your starting position. Using the triceps, bring the bar down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. After a second hold at the contracted position, bring the bar slowly up to the starting point. Breathe in as you perform this step. Repeat for the recommended amount of repetitions.

TARGETED MUSCLES

TRICEP BRACHII LONG HEAD

TRICEP BRACHII LATERAL HEAD

TRICEP BRACHII MEDIAL HEAD



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