

Exercises by Muscle Group

Primary Groups: Arms
 Shoulders
 Chest
 Back
 Legs
 Buttocks
 Abdomen

Muscle Groups for Exercises:

Abdominals
Adductors
Dorsal Muscles
Shoulders
Arm Extensors
Wrist Extensors
Gluteals
Arm Flexors
Wrist Flexors
Scapulae Fixers
Thigh Flexors
Lumbar Muscles
Surae – Calf
Pectorals
Quadriceps
Trapezeii

ARMS

Curls – Brachioradialis, brachialis, biceps, anterior deltoids, coracobrachialis, Pecs
Concentration Curls – biceps, brachialis, and brachiradialis
Hammer Curls – brachioradialis, biceps, brachialis
Low Pulley Curls - Biceps
High Pulley Curls – Biceps (long head), brachialis
Barbell Curls – Biceps, brachialis, brachioradialis, pronator teres, and flexors
Machine Curls – Biceps, brachialis, pronator teres,
Preacher Curls - Biceps
Reverse Curls - wrist and finger extensors, brachioradialis, brachialis, biceps
Reverse Wrist Curls – Wrist and finger flexors
Wrist Curls - Wrist and finger flexors
Pushdowns – Triceps, anconeus
Reverse Pushdowns – Triceps (medial head), anconeus, and wrist extensors
One-Arm Reverse Pushdowns - Triceps
Triceps Extensions - Triceps
Dumbbell Triceps Extensions – Triceps (all three heads)
One-Arm Dumbbell Triceps Extensions – Triceps (long head)
Seated Dumbbell Triceps Extensions -Triceps
Seated EZ-Bar Triceps Extensions - Triceps
Triceps Kickbacks – Triceps, all three heads
Triceps Dips – Triceps, Anterior Deltoid, Pectorals

SHOULDERS

Back Press – Medial Deltoids, upper Trapezius, triceps, serratus anterior, rhomboids, and all three rotator cuff muscles.

Front Press – Anterior and medial deltoids, upper pectorals, upper trapezius, and serratus anterior

Dumbbell Press – Deltoids, Upper trapezius, triceps and serratus anterior

One-Arm Dumbbell Press – Deltoids, upper pectorals, upper trapezius, serratus anterior, and triceps

Lateral Raise – Medial Deltoids

Bent-Over Lateral Raise – Posterior Deltoid, trapezius, rhomboids, teres minor, infraspinatus

Front Raises – Anterior Deltoids, upper pectorals, medial deltoids

Side-lying Lateral Raise – Supraspinatus and deltoids

Low Pulley lateral Raises – Deltoids

Low Pulley Front Raise – Deltoids, upper pectorals, short head of biceps

Low Pulley Bent-Over Lateral Raise – Posterior deltoids, trapezius, rhomboids

One-Dumbbell Front Raise – Anterior Deltoids, Upper pectorals, and biceps

Barbell Front Raise – Anterior deltoids, upper pectorals, infraspinatus, trapezius, serratus anterior and biceps

Upright Rows- Deltoids, trapezius and biceps, forearm, sacrospinalis and abdominal muscles

Nautilus Lateral Raise – Medial Deltoids, upper trapezius

Pec Deck Rear Delt Laterals – Deltoids, Infraspinatus, teres minor, trapezius, rhomboids

CHEST

Bench Press – Pectorals, triceps, anterior deltoids, serratus, and coracobrachialis

Close-Grip Bench Press – Pectorals, triceps, deltoids

Incline Press – Upper Pectorals, anterior deltoids, triceps and serratus anterior

Decline Press – Pectoralis Major, triceps, anterior deltoids

Push-Ups – Pectoralis major and triceps

Parallel Bar Dips – Pectoralis Major, Triceps

Dumbbell Press – Pectoralis Major, triceps, anterior deltoids

Dumbbell Flys – Pectoralis Major

Incline Dumbbell Press – Pectoralis major, anterior deltoids, serratus anterior, and pectoralis minor

Incline Dumbbell Flys – Pectoralis Major, ribcage

Pec Deck Flys – Pectoralis Major, coracobrachialis and biceps

Cable Crossover Flys – Pectorals

Dumbbell Pullovers – Pectorals, triceps, teres Major, latissimus dorsi, serratus anterior, rhomboids, and pectoralis minor

Barbell Pullovers – Pectorals, triceps, teres major, latissimus dorsi, serratus anterior, rhomboids and pectoralis minor

BACK

Chin-Ups – Biceps, brachialis, brachioradialis, pectoralis minor

Reverse Chin-Ups – Latissimus Dorsi, Teres Major, biceps, brachialis, lower trapezius, rhomboids, and pectorals

Lat Pulldown- Back, Latissimus dorsi, lower and middle trapezius, rhomboids, biceps, brachialis, pectorals

Back Lat Pulldown – Latissimus dorsi, forearm flexors, biceps, brachialis, brachioradialis, , rhomboids, lower trapezius

Close-Grip Lat Pulldowns – Latissimus dorsi, teres major, rhomboids, trapezius, posterior deltoids

Straight-Arm Lat Pulldowns – Latissimus Dorsi, teres major, triceps

Seated Rows – Latissimus dorsi, Teres Major, Posterior Deltoids, Biceps, brachialis, brachioradialis, trapezius, rhomboids

One-Arm Dumbbell Rows – Latissimus dorsi, teres major, posterior deltoids, trapezius, rhomboids

Bent Rows – Lats, teres major, posterior deltoids, arm flexors, biceps, brachialis, brachioradialis, rhomboids, trapezius

T-Bar Rows – Lats, teres major, posterior deltoids, arm flexors, trapezius and rhomboids

Stiff-Legged Deadlifts – Spinal Erectors, hips, buttocks, thighs

Deadlifts – Hip, lower back, trapezius, buttocks, quadriceps

Sumo Deadlifts – Buttocks, thigh, spinal erectors, sacrospinalis

Back Extensions – Buttocks, thighs, spinal erectors

Upright Rows – Upper trapezius, medial-posterior deltoids, biceps forearm flexors, abdominals, buttocks, sacrospinalis

Barbell Shrugs – Trapezius, deltoids

Dumbbell Shrugs – Upper and middle trapezius, levator scapulae, rhomboids

Machine Shrugs – Upper Trapezius, Levator scapulae

LEGS

Dumbbell Squats – Quadriceps and Gluteals

Squats – Quadriceps, gluteals, adductors, spinal erectors, abdominals, hamstrings

Front Squats – Quadriceps, gluteals, hamstrings, abdominals, spinal erectors

Power Squats – Quadriceps, all adductors, gluteals, hamstrings, sacrospinalis

Angled Leg Press – (depending on foot placement) gluteals, hamstrings, quadriceps, adductors,

Hack Squats – Quadriceps, gluteals, abdominals

Leg Extensions – Quadriceps

Lying Leg Curls – Hamstrings, gastrocnemius

Standing Leg Curls = Hamstrings, gastrocnemius

Seated Leg Curls – Hamstrings, gastrocnemius

Good Mornings – Gluteals, spinal erectors, hamstrings

Cable Adductions – Adductors: pectineus, longus, magnus, gracilis

Machine Adductions – Adductors

Standing Calf Raise – Soleus, Gastrocnemius (surae)

One-Leg Toe Raise – Soleus, Gastrocnemius

Donkey Calf Raise – Soleus, Gastrocnemius

Seated Calf Raise – Soleus, gastrocnemius, Achilles Tendon

Seated Barbell Calf Raise – Soleus

BUTTOCKS

Lunges – Gluteals, quadriceps, hip flexors

Cable Back Kicks – Gluteus Maximus, hamstrings

Machine Hip Extensions – Gluteals, hamstrings

Floor Hip Extensions – Hamstrings, gluteals

Bridging – Hamstrings, gluteals

Cable Hip Abductions – Gluteus maximus, deeper gluteals, Tensor fascia latae

Standing Machine Hip Abductions – Gluteus minimus, medius, tensor fascia latae

Floor Hip Abductions – Gluteus Medius, minimus

Seated Machine Hip Abductions – Hip Flexors, Gluteals

ABDOMEN

Crunches – Rectus Abdominis, Obliques

Sit-Ups – Hip flexors, obliques, rectus abdominis

Gym Ladder Sit-up – Rectus, internal and external obliques

Calves Over Bench Sit-Up – Rectus abdominis, iliopsoas, tensor fascia latae, rectus femoris

Incline Bench Sit-Up – Rectus Abdominis, iliopsoas, tensor fascia latae, rectus femoris, quadriceps

Specific Bench Sit-Up – Rectus abdominis, obliques

High Pulley Crunches – Obliques, rectus abdominis, pyramidalis

Machine Crunches – Obliques, rectus abdominis, tensor fascia latae, quadriceps, rectus femoris

Incline Leg Raises – Obliques, rectus abdominis, tensor fascia latae, iliopsoas

Leg Raises – Hip flexors, iliopsoas, obliques, rectus abdominis

Hanging Leg Raises – Iliopsoas, rectus femoris, tensor fascia latae, rectus abdominis, obliques

Broomstick Twists – External/internal obliques, Rectus abdominis, pyramidalis

Dumbbell Side Bends – Obliques, Quadratum Lumborum, Rectus

Roman Chair Side Bends – Obliques, rectus

Machine Trunk Rotations – External and internal Obliques, Rectus