

Muscle Groups and Exercises Chart– PT013

Description	<ul style="list-style-type: none"> ◆ The Muscles Groups and Exercises poster vibrantly highlights key muscles in the body and lists exercises which can help strengthen these muscles. ◆ There is also advice on causes, symptoms and treatment of muscle-related injuries.
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Details	<ol style="list-style-type: none"> 1. Dimension: 840 x 594 mm (A1 Size) 2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides
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MUSCLE GROUPS & EXERCISES

Anterior



- Deltoids**
 - Shoulder Press
 - Lateral and Front Raises
 - Upright Rows and Shrugs
- Biceps**
 - Biceps Curls
 - Pull-ups
 - Reverse Curls
- Pectorals**
 - Bench Press
 - Dumbbell Flys
 - Press-ups
- Obliques**
 - Lower Body Twists
 - Wood Chopper
 - Oblique Crunches
- Upper Abdominals**
 - Crunches
 - V-sits
 - Plank
- Lower Abdominals**
 - Bent and Straight Legs Raises
 - Barbell Rollouts
 - Plank
- Adductors**
 - Lateral Lunges
 - Machine Adductions
 - Squats
- Quadriceps**
 - Lunges
 - Squats
 - Dead Lifts

Posterior



- Triceps**
 - Triceps Dips
 - Triceps Extensions
 - Triceps Pushdowns
- Trapezius**
 - Shrugs
 - Upright Rows
 - Lateral and Front Raises
- Forearms**
 - Pull-ups
 - Reverse Curls
 - Biceps Curls
- Latissimus Dorsi**
 - Lat Pushdowns
 - Rows
 - Pull-ups
- Gluteals**
 - Lunges
 - Squats
 - Dead Lifts
- Calves**
 - Calf Raises
 - Squats
 - Dead Lifts
- Hamstrings**
 - Leg Curls
 - Squats

MUSCLE INJURIES AND TREATMENTS

Causes	Signs and Symptoms	Treatment
<ul style="list-style-type: none"> Over-exercising by focusing too much on one muscle. Not (correctly) warming up or cooling down. Sports-related injuries through contact, collisions, slips or falls. Lifting too heavy a weight. Using a muscle beyond the limits of its capacity, such as overstretching. 	<ul style="list-style-type: none"> There is always pain but this will depend on the severity of the injury. Increased pain during contraction and possible inability to perform certain movements. Loss of strength and decreased stability of the joints. Redness or redness can appear, in extreme cases the skin can rupture with cuts. 	<ul style="list-style-type: none"> Protection - Apply soft padding to minimise impact with objects Rest - Rest is necessary to accelerate healing and reduce the potential of re-injury. Ice - Apply ice to reduce swelling by reducing blood flow to the injury site. Never use for more than 20 minutes at a time. Compression - Wrap the strained area to reduce swelling. Elevation - Keep the strained area as close to the level of the heart as is conveniently possible to keep blood from pooling in the injured area.



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