

Muscle Exercise Cross Reference

Prior to strength training, warm up and flexibility exercises should be performed. Warm up should include at least 5 minutes of aerobic activity to provide increased blood oxygen levels and increased body temperature. Both of these factors will increase the effectiveness of the strength-training workout.

Exercise sessions should be organized so that the larger muscle groups are exercised first, followed by the smaller muscle groups.

The order of groups should be as follows:

1. Abdomen
2. Hips and lower back
3. Upper Legs
4. Calves
5. Chest
6. Upper back
7. Shoulders
8. Triceps
9. Biceps
10. Waist
11. Neck

Chest Exercises	Muscle Group
Bench Press	Pectorals, Triceps, Anterior Deltoids
Inclined Flye	Outer/Inner Pectorals, Anterior Deltoids
Inclined Press	Upper, Pecs, Triceps, Anterior/Medial Deltoids
Declined Press	Lower/Outer Pectorals, Triceps, Anterior Deltoids Pectorals
Pushup	Triceps, Anterior Deltoids
Cable Crossover	Upper/Lower Pectorals
Pec Deck	Pectorals, Anterior Deltoids

Back Exercises	Muscle Groups
Shrugs	Trapezius
One Arm Row	Trapezius, Latissimus Dorsi
Pull-ups	Biceps, Rhomboids
Back Extension	Erector Spinae
Roman Bench	Erector Spinae
Seated Row	Erector Spinae, Latissimus Dorsi, Biceps
Lateral Pull down	Latissimus Dorsi, Biceps



Shoulder Exercises	Muscle Groups
Overhead (Military) Press	Medial Deltoid, Triceps
Lateral Raises	Anterior/Medial Deltoid
Front Raises	Anterior/Posterior Deltoid
Prone Flye	Posterior Deltoid, Rhomboids

Arm Exercises	Muscle Groups
Barbell Curl	Full Biceps/Forearms
Dumbbell Preacher Curl	Upper/Outer Biceps
Standing Dumbbell/Low Cable	Inner Biceps
Seated Hammer Curls	Outer Biceps/Forearms (Brachialis)
Seated Inclined Dumbbell Curls	Lower Biceps
Triceps Kickback/Dip	Triceps Lateral Head
Triceps Seated OverHead Ext	Triceps Medial Head
Triceps Lying Extension	Triceps Long Head

Lower Body	Muscle Groups
Squat	Gluteus Maximus, Quads, Hamstrings, Erectors
Front Lunge	Gluteus Maximus, Quads, Hamstrings
Calf Heel Raise	Gastrocnemius, Soleus
Hip Extension	Gluteus Maximus
Hip Abduction	Abductors, Outer Thigh
Hip Adduction	Adductor, Inner Thigh
Leg Press	Gluteus Maximus, Quads, Hamstrings
Leg Extension	Quads

Leg Curl	Hamstrings
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Abdominal	Muscle Groups
Upper Crunches/Inclined Sit-up	Upper Abdomen
Lower Crunches/Leg Raises	Lower Abdomen
Side Crunches	Outer Obliques
Crunch Machine	Abdomen, Hip Flexor

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