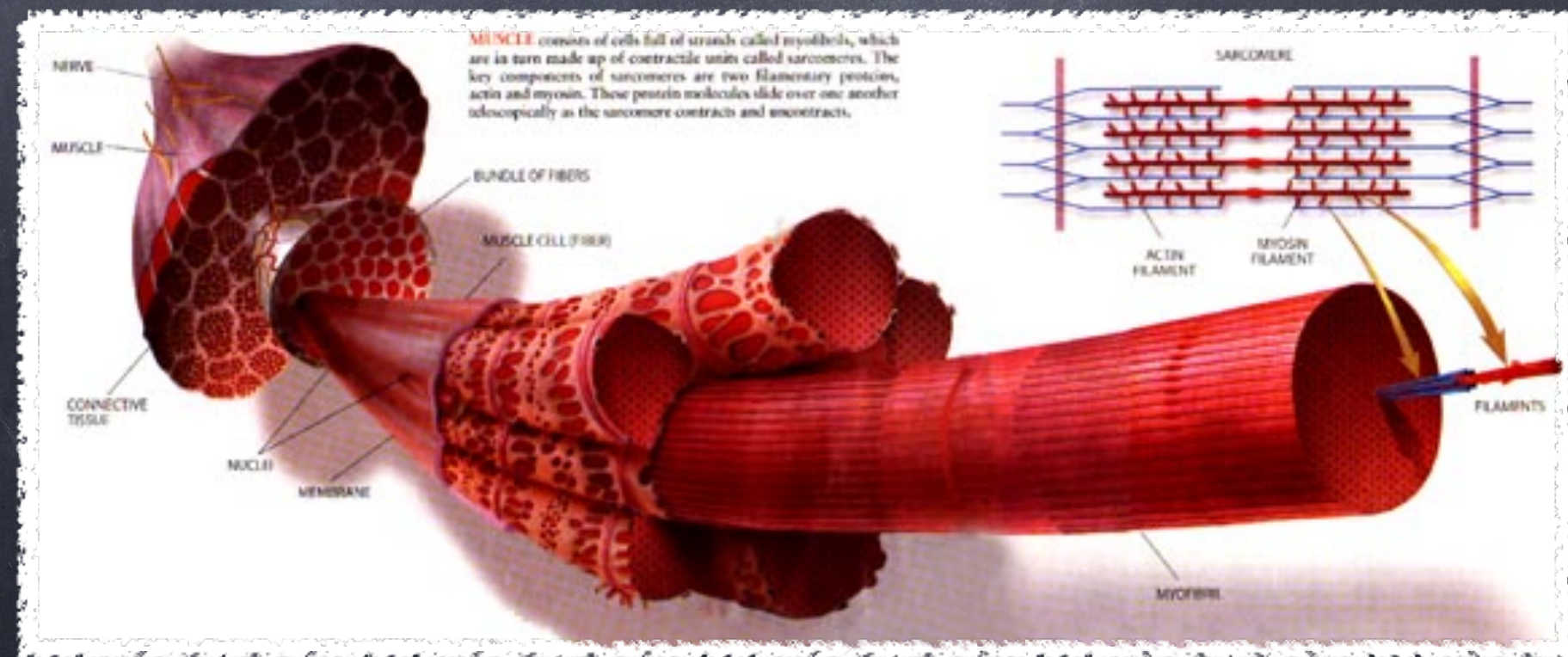


Muscles

What is a muscle?

- a : a body tissue consisting of long cells that contract when stimulated and produce motion
- b : an organ that is essentially a mass of muscle tissue attached at either end to a fixed point and e by contracting moves or checks the movement of a body part
- Tendons attach muscle to bones



What Muscles do
you know?

Is that it's proper nomenclature?

Latin Roots

• Bi

• Tri

• Quad

• Cep

• Max

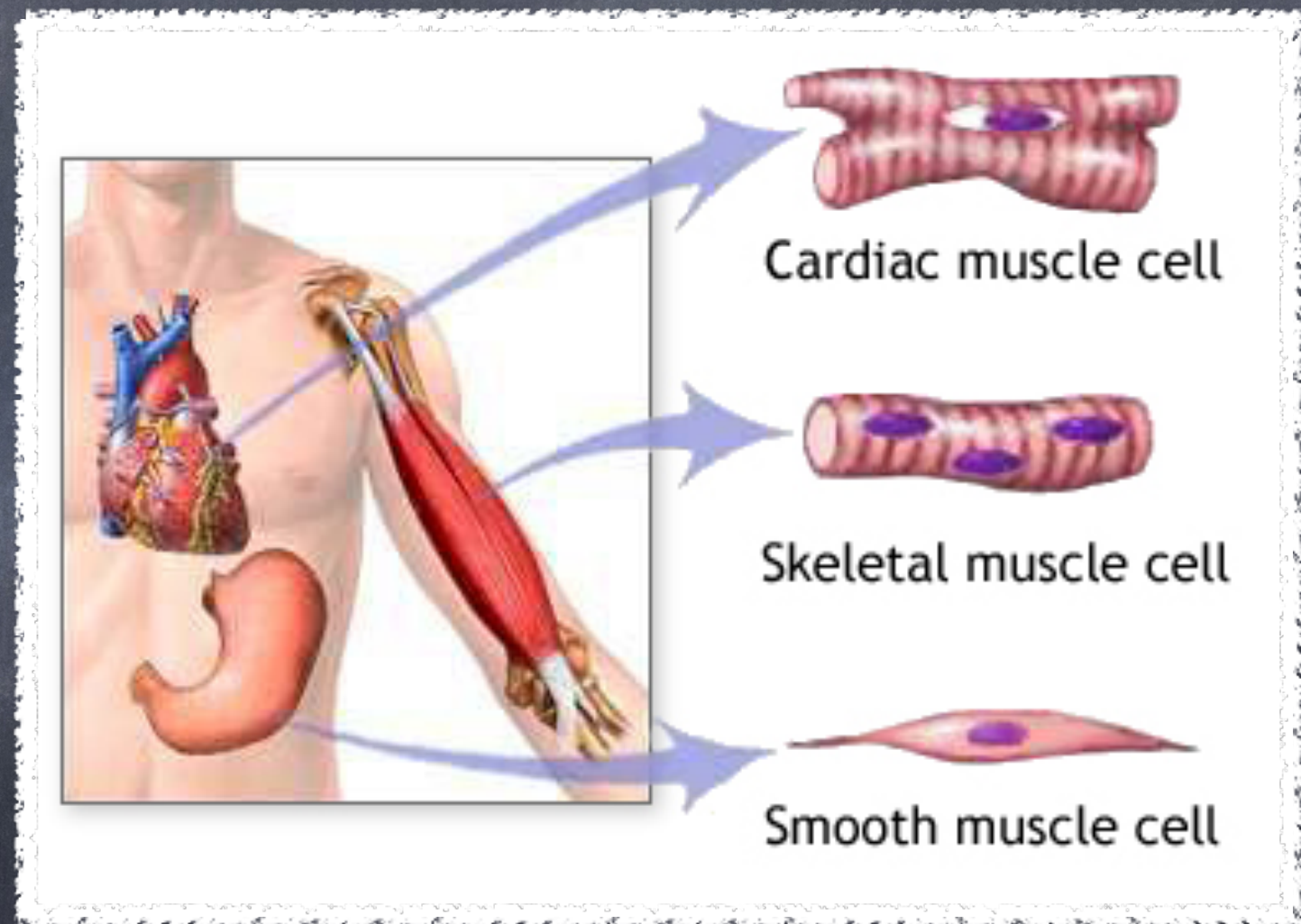
• Major

• Minor

• Medius

Musculature

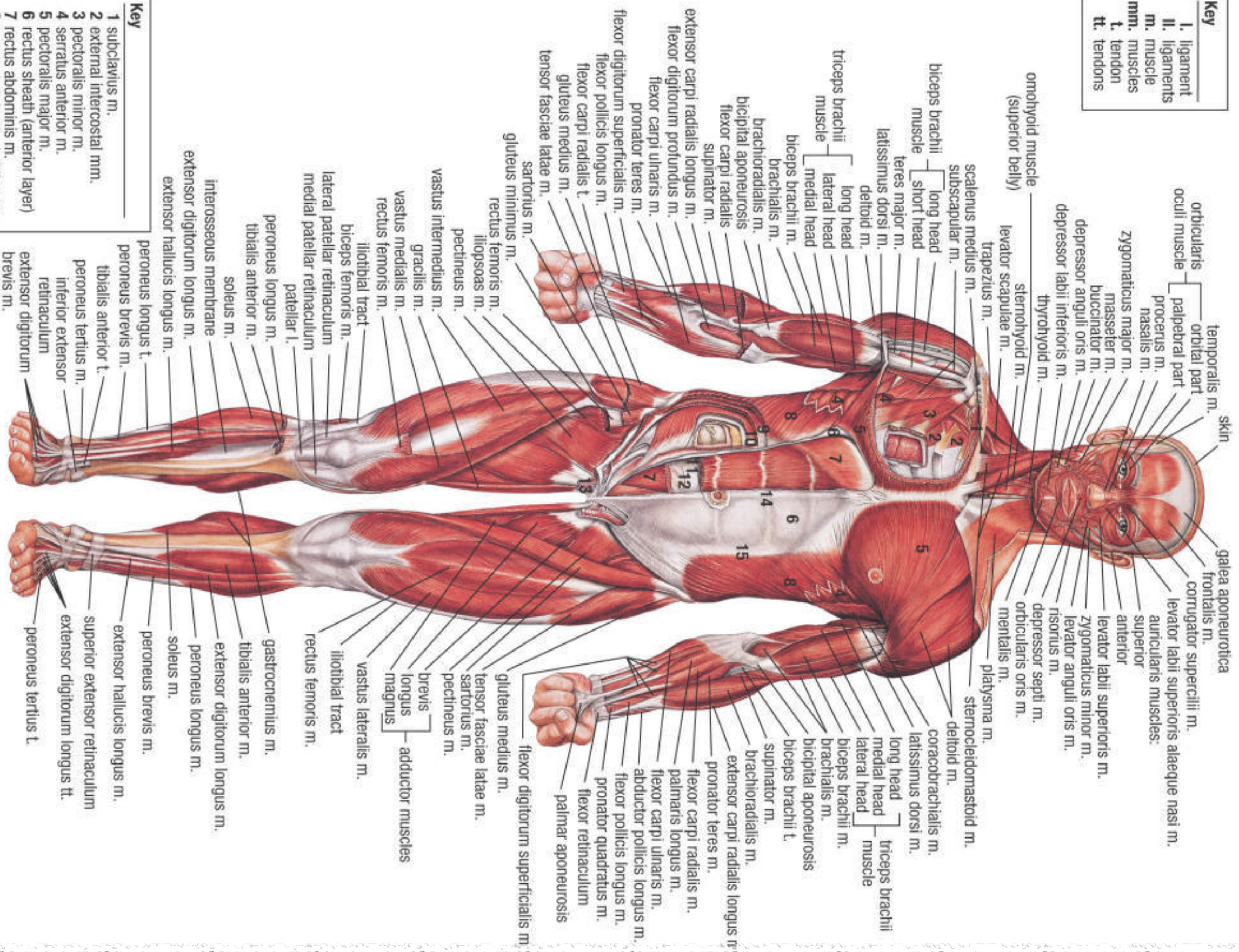
- Three types of muscles: smooth, Cardiac, and Skeletal
- Focusing on skeletal: the only **VOLUNTARY** type



Doing only major muscle groups that are
targeted frequently for workouts

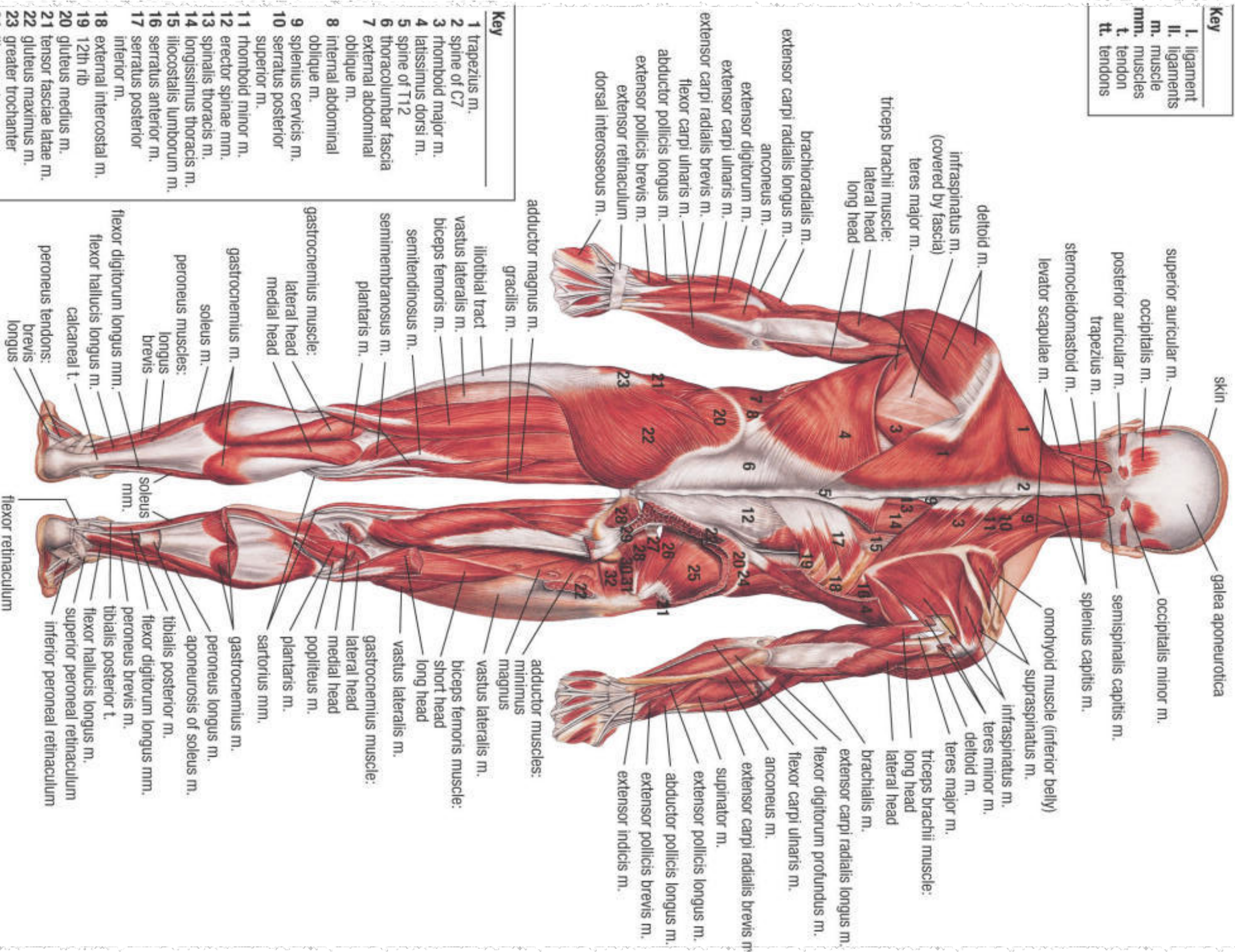
Why not all?
Because....

Key	
I.	ligament
II.	ligaments
m.	muscle
mm.	muscles
t.	tendon
tt.	tendons



That is just
the front.

Key	
I.	ligament
II.	ligaments
m.	muscle
mm.	muscles
t.	tendon
tt.	tendons





Every human body has:

650

muscles

187

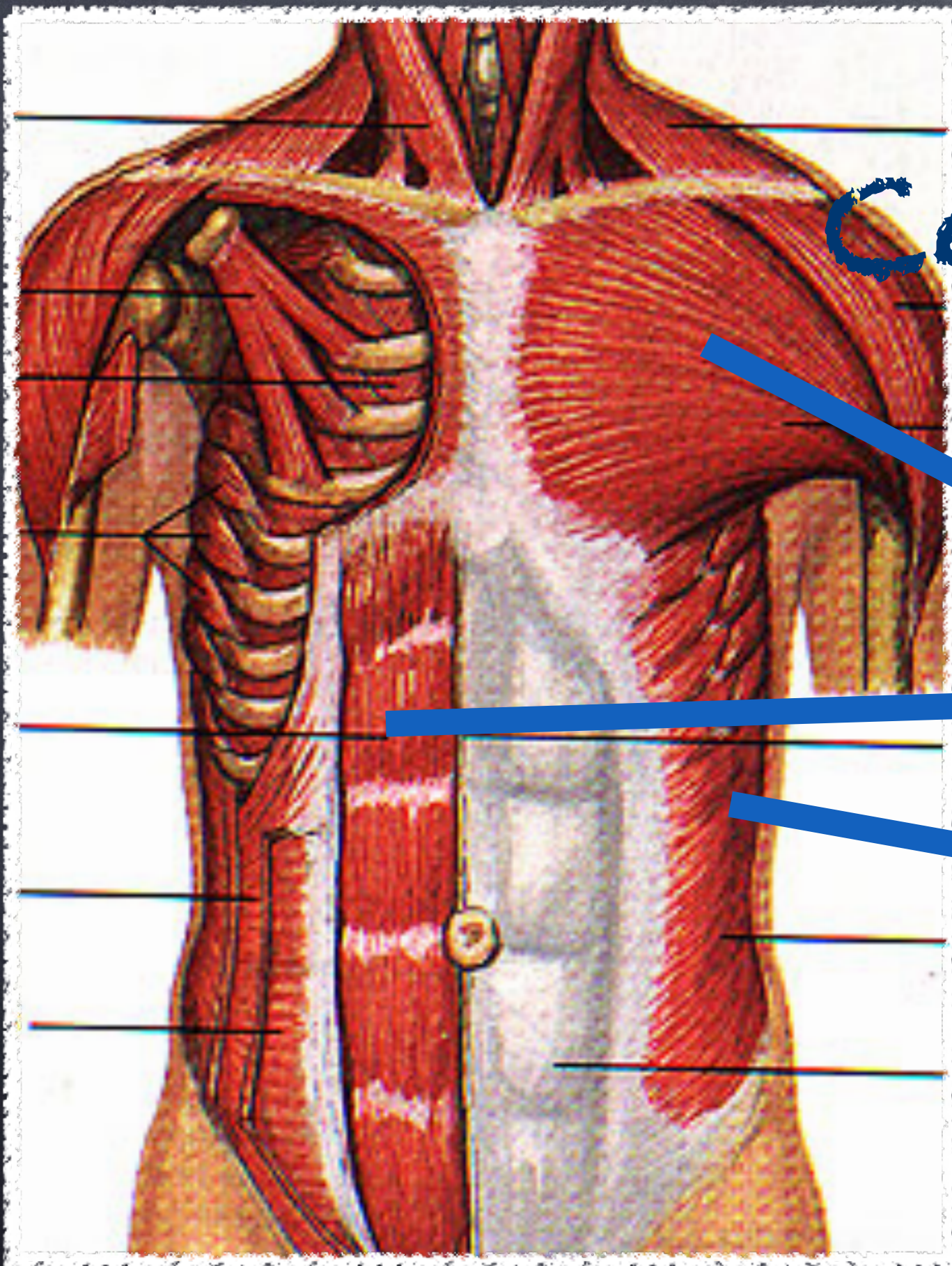
joints



healthsterling.com

Source: The Incredible Human Machine, National Geographic

Anterior Core Muscles



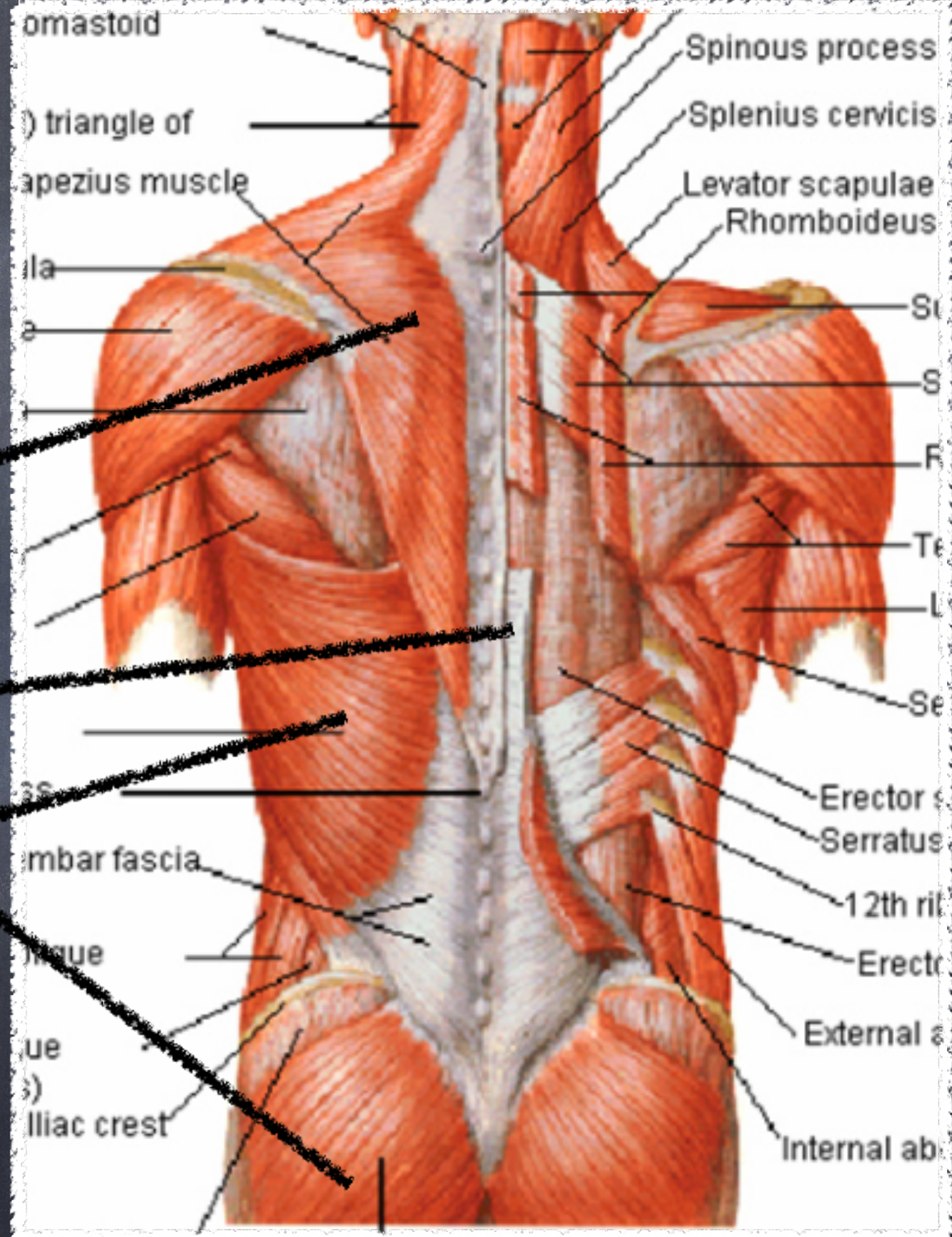
• Pectoralis Major

• Rectus Abdominis

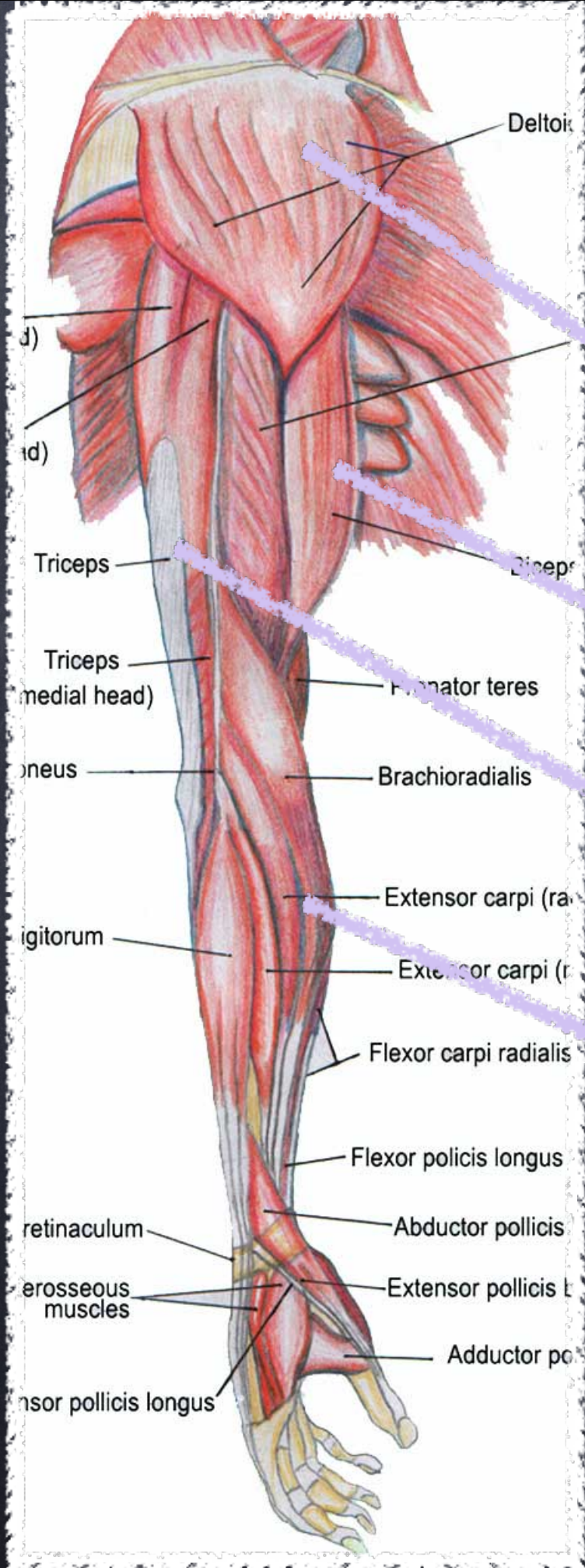
• Obliques

Posterior Core Muscles

- Trapezius
- Erector spinae
- Latissimus Dorsi
- Gluteus Maximus



Arm Muscles



• Deltoid

• Bicep Brachii

• Tricep Brachii

• Wrist extensors (group)

Leg Muscles

• Quadriceps (group)

• Hamstring (group)

• Gastrocnemius

• Tibialis anterior

