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
Why not all?
Because....

Doing only major muscle groups that are targeted frequently for workouts
That is just the front.
Every human body has:

650 muscles
187 joints

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