

# Deltoid

# Tricep

# Trapezius

# Abdominals

Mod: Trap

Mod: Abs

# Pectorals

# Obliques

Mod: Pecs

# Latissimus Dorsi

# Gluteals

Mod: Lat

Mod: Glutes

# Bicep

# Psoas

# Quadricep

Mod: Quad

# Hamstring

# Gastrocnemius

Mod: Calf

# Tibialis Anterior

What effect does  
exercise have on  
our skeleton?

# Overload Principle

# Principle of Specificity

# Principle of Use /Disuse

What happens to  
muscles when they  
aren't challenged?

Ex. arm in cast, walking on crutches,  
not being active over extended school

# Name working muscle pairs

(one contracts while the other  
relaxes & vice versa)

Benefits of  
Strong, Flexible  
Muscles

**Flexion**

**Extension**

**Rotation**