

MUSCLE MAY:

KNOW YOUR MUSCLE GROUPS

UPPER BODY MUSCLES:

- Chest (Pectorals or Pes): Responsible for pushing movements.
- Back (Lats or Rhomboids): Supports posture and pulling actions.
- Shoulders (Front, Mid, Rear Delts): Enables various arm movements.
- Triceps: Located at the back of the upper arm, aids in extending the elbow.
- Biceps: Front of the upper arm, responsible for flexing the elbow.
- Abs (Includes Obliques and Transverse): Core muscles for stability and twisting movements.

LOWER BODY MUSCLES:

- Glutes: Powerful hip extensors for movements like squats and lunges.
- Quads: Located on the front of the thigh, used for leg extension.
- Hamstrings: Back of the thigh, crucial for bending the knee.
- Calves: Calf muscles for ankle flexion and stability.

Understanding these muscle groups boosts confidence. Select the muscle groups you'll focus on for each session and tailor exercises accordingly (see the next page). Some find it beneficial to mentally engage the targeted muscle during exercises for enhanced activation!

Exercise Order (When You Can):

Begin with larger muscle groups and progress to smaller ones. For example, refer to the list above, ordered from largest to smallest muscle groups.

Crafting Your Full Body Workout:

Now that you know the major muscle groups and exercises, let's put together a full-body workout routine. Aim to include exercises from each group for a balanced session. A sample routine is on the next page.

Remember, consistency is key when it comes to seeing results. Aim to do this full-body workout routine 2-3 times per week, allowing at least a day of rest between sessions. As you progress, feel free to modify exercises or add variations to keep your workouts challenging and exciting.

Here's to a month of building strength, toning muscles, and achieving your fitness goals!



Warm-up (5-10 minutes):

- Jogging in place or jumping jacks

Chest & Triceps:

- Bench Press: 3 sets x 10 reps
- Tricep Dips: 3 sets x 12 reps
- Chest Flyes: 3 sets x 12 reps

Back & Biceps:

- Bent Over Rows: 3 sets x 10 reps
- Bicep Curls: 3 sets x 12 reps
- Lat Pulldowns: 3 sets x 10 reps

Legs & Shoulders:

- Squats: 3 sets x 12 reps
- Shoulder Press: 3 sets x 10 reps
- Lunges: 3 sets x 10 reps per leg

Core:

- Planks: 3 sets x 30 seconds
- Russian Twists: 3 sets x 20 reps
- Bicycle Crunches: 3 sets x 15 reps per side

Cool Down (5-10 minutes):

- Stretching exercises for all major muscle groups

Tips for Your Workout:

Form is Key: Focus on proper form to prevent injuries and maximize effectiveness.

Progressive Overload: Gradually increase weights or reps as you get stronger.

Rest and Recovery: Give your muscles time to rest and recover between workouts.

Listen to Your Body: If something doesn't feel right, stop and reassess.

Major Muscle Training Groups

