Provide an example exercise that engages the muscles described and indicate where the muscles are located on the diagrams.

**Upper Body Muscles:** front and back of arms, shoulders, chest, and upper back

**Upper Back Muscles**

A. **Trapezius**
   This is a large triangular shaped muscle that runs from the centre of your back up to the neck, running across your shoulder blade.
   *Ex: _____________________*

B. **Rhomboïds**
   These are small muscles in the centre of your back, running up to just below the base of your neck.
   *Ex: _____________________*

**Shoulder Muscles**

C. **Deltoids**
   These muscles wrap right around the top of your shoulders. They are split into three areas - the front/anterior deltoid, the side/lateral deltoid, and the rear/posterior deltoid.
   *Ex: _____________________*

Rotator Cuff (Rotators)
   Four small muscles beneath your shoulder that help to hold your arm in place. Firming and strengthening here helps to pull in your underarm.

**Chest Muscles**

D. **Pectorals**
   These are two large, flat muscles that run across the surface of your chest. These muscles generally come into play when pushing something or hugging someone.
   *Ex: _____________________*

**Arm Muscles**

E. **Biceps**
   The muscles at the front of your upper arm. You use these when you bend your arm or pick things up.
   *Ex: _____________________*

F. **Triceps**
   These are situated at the back of your upper arms. They oppose the biceps, and come into play when you straighten your arm or push something.
   *Ex: _____________________*

G. **Forearm Muscles**
   These are the muscles that run from your wrist to your elbow.
   *Ex: _____________________*