

Name: _____

Date: _____

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. Rhomboids

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: _____

Place the letter on the left next to the corresponding muscle on these diagrams:

