

Coach Tartaro
8th Grade Fitness
Muscle Groups

MUSCLE	LOCATION	LAB EXERCISE
Deltoids	Shoulder	Shoulder press
Triceps	Upper Back Arm	Triceps Extension
Biceps	Upper Front Arm	Bicep Curl
Pectoralis Major	Chest	Chest Press
Latissimus Dorsi	Back	Lat Pull Down
Abdominals	Stomach	Crunch
Gluteus Maximus	Buttocks	Leg Press
Quadriceps	Thigh	Leg Extension
Gastrocnemius	Calf	Heel Raises