

Fitness Match

OBJECTIVE:

STUDENTS WILL FOLLOW THE DIRECTIONS OF THE ACTIVITY.

STUDENTS WILL WORK COOPERATIVELY WITH A PARTNER.

STUDENTS WILL MAINTAIN OR IMPROVE THEIR MUSCULAR STRENGTH.

SKILLS AND CONCEPTS:

MUSCULAR STRENGTH

MUSCULAR ENDURANCE

COOPERATION

CARDIOVASCULAR ENDURANCE

EQUIPMENT:

FITNESS FLASH CARDS

NUMBERED CARDS

ORGANIZATION:

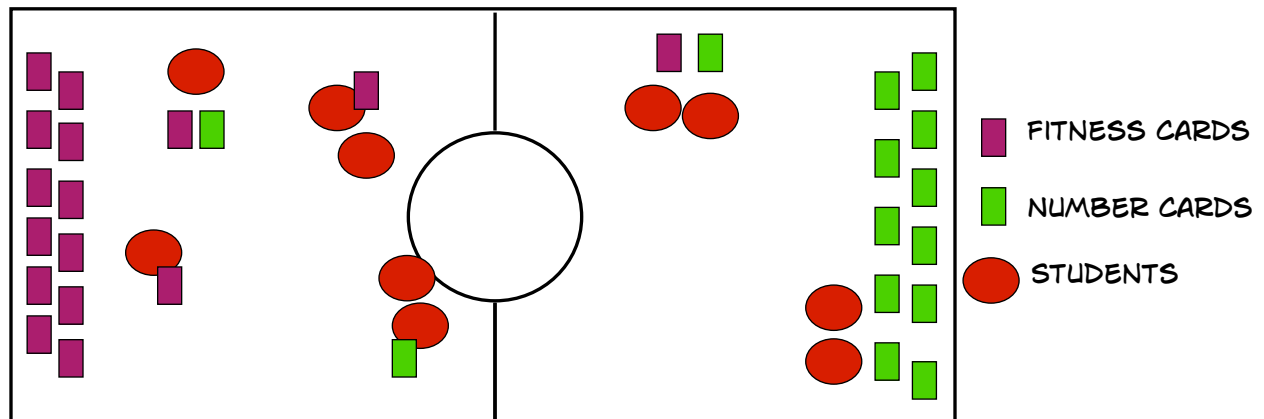
SCATTER THE FITNESS CARDS ON ONE SIDE OF THE GYM FACE UP OR DOWN. ON THE OPPOSITE SIDE OF THE GYM SCATTER THE NUMBER CARDS FACE UP OR DOWN. THE STUDENTS MAY HAVE A PARTNER OR WORK ON THEIR OWN.

ACTIVITY DESCRIPTION:

STUDENTS, WITH PARTNERS, WILL JOG TOGETHER TO GET ONE FITNESS CARD AND ONE NUMBERED CARD. ONCE THEY GET THE CARD THEY PERFORM THE EXERCISE THEY PICKED IN THE AMOUNT OF THE REPETITION THEY CHOOSE. WHEN COMPLETE THEY WILL RETURN THE CARDS BACK TO THE APPROPRIATE SIDES AND DRAW NEW CARDS. STUDENTS WILL REPEAT THE PROCESS UNTIL THE TEACHER STOP THE ACTIVITY.

EXTRA INFORMATION:

YOU WILL NEED TO PRINT OFF MORE THAN ONE COPY OF THE NUMBER CARDS TO MAKE UP THE AMOUNT OF FITNESS CARDS. ALWAYS ADJUST THE ACTIVITY BASED OFF THE NEEDS OF YOUR STUDENTS AND ENVIRONMENT.



Your Play

OBJECTIVE:

STUDENTS WILL FOLLOW THE DIRECTIONS OF THE ACTIVITY.

STUDENTS WILL WORK COOPERATIVELY WITH OTHERS.

STUDENTS WILL MAINTAIN OR IMPROVE THEIR MUSCULAR STRENGTH.

SKILLS AND CONCEPTS:

MUSCULAR STRENGTH

MUSCULAR ENDURANCE

COOPERATION

CARDIOVASCULAR ENDURANCE

EQUIPMENT:

FITNESS FLASH CARDS

NUMBERED CARDS

ORGANIZATION:

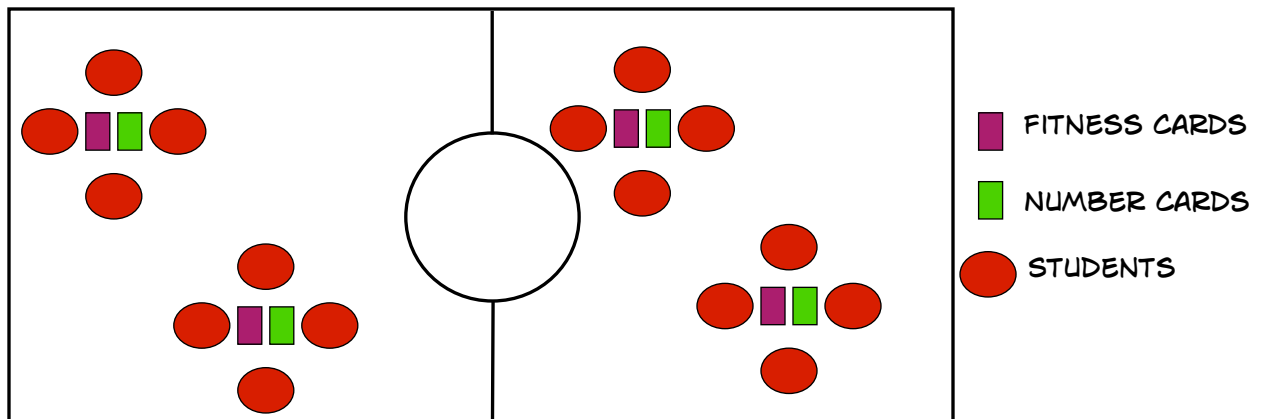
DIVIDE THE CLASS INTO SMALL TEAMS. GIVE EACH TEAM A DECK OF FITNESS CARDS AND NUMBER CARDS. CARDS SHOULD BE STACKED FACE DOWN WITH THE GROUPS GATHERED AROUND THE DECKS. STUDENTS WILL NEED TO START WITH 3 CARDS FROM EACH DECK (3 FITNESS AND 3 NUMBER)


ACTIVITY DESCRIPTION:

ONE STUDENT WILL START BY CHOOSING ONE EXERCISE CARD AND ONE NUMBER CARD FROM THEIR HAND AND PLACE THEM DOWN FACE UP NEXT TO THE APPROPRIATE STACKS. THE GROUP WILL PERFORM THE ACTIVITY TOGETHER. THE STUDENT WHO PLAYED THE CARDS WILL DRAW ONE CARD FROM EACH PILE SO THEY CONTINUE HAVING 3 FROM EACH DECK. NEXT STUDENT IN THE GROUP WILL REPEAT THE PROCESS. WHEN THE DRAW DECKS ARE EMPTY THE STUDENTS NEED TO SHUFFLE THE DECKS AND KEEP PLAYING.

EXTRA INFORMATION:

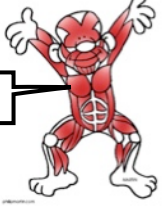
YOU WILL NEED TO PRINT OFF MORE THAN ONE COPY OF THE NUMBER CARDS TO MAKE UP THE AMOUNT OF FITNESS CARDS. SINCE THERE ARE 8 OF EACH EXERCISE CARDS YOU CAN DIVIDE THEM OUT TO MAKE MULTIPLE DECKS. ALWAYS ADJUST THE ACTIVITY BASED OFF THE NEEDS OF YOUR STUDENTS AND ENVIRONMENT.



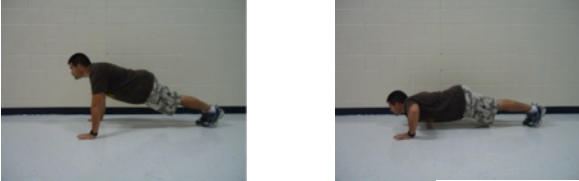


PUSHUPS

Pectoralis Major

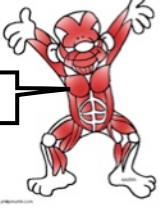


This panel shows a person in a pushup starting position on the left and a person in a pushup ending position on the right. The word "PUSHUPS" is written in large, bold, orange and yellow letters. Below it, the text "Pectoralis Major" is enclosed in a box with a line pointing to the anatomical diagram of the Pectoralis Major muscle on a red superhero figure.

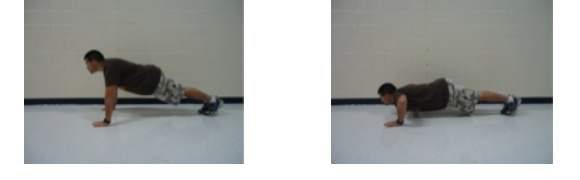


PUSHUPS

Pectoralis Major

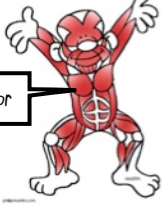


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PUSHUPS

Pectoralis Major




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PUSHUPS

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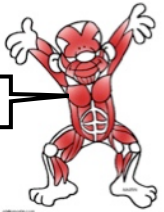


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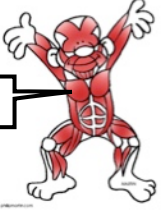


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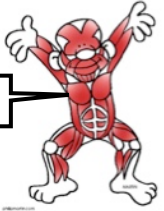


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PUSHUPS

Pectoralis Major

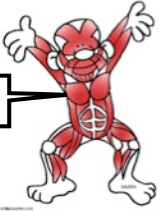


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PUSHUPS

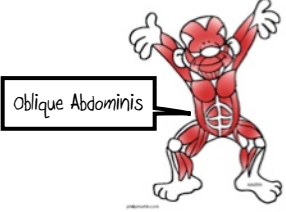
Pectoralis Major




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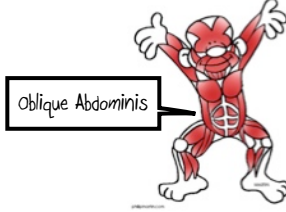
FLOOR TAPS




Oblique Abdominis



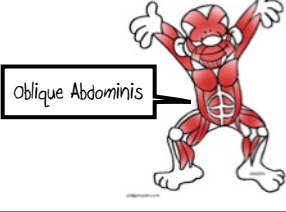
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Oblique Abdominis



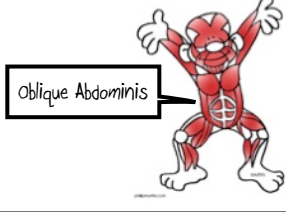
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Oblique Abdominis



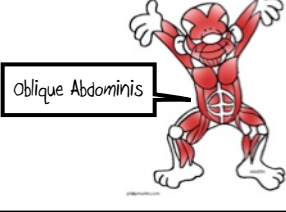
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Oblique Abdominis



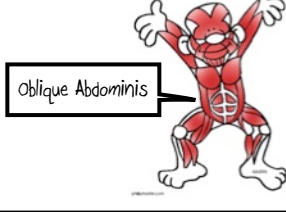
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Oblique Abdominis



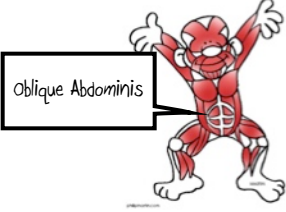
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Oblique Abdominis



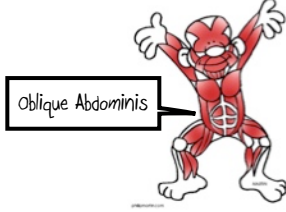
FLOOR TAPS




Oblique Abdominis



FLOOR TAPS


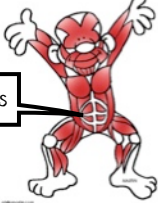


Oblique Abdominis




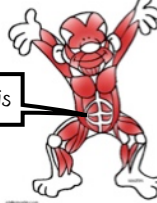
Curl-Ups

Rectus Abdominis





Curl-Ups

Rectus Abdominis





Curl-Ups

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Curl-Ups

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Curl-Ups

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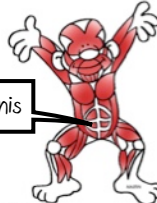
Curl-Ups

Rectus Abdominis



Curl-Ups

Rectus Abdominis





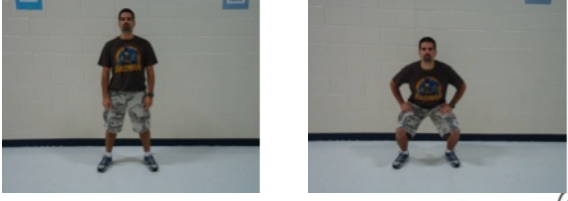
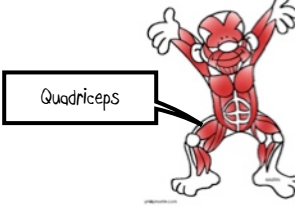
Squats

Quadriceps



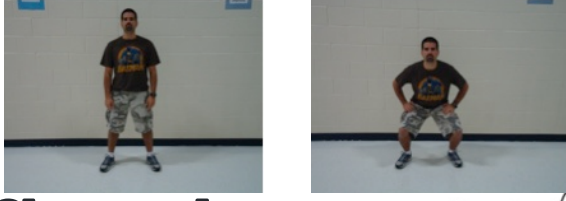
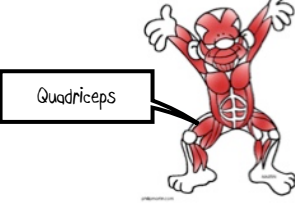
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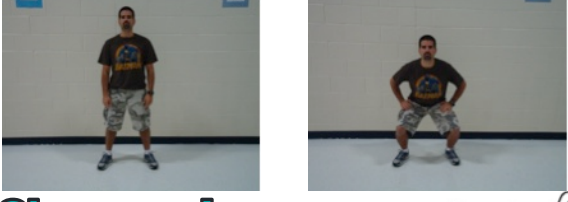
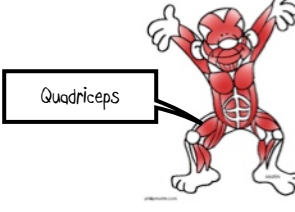
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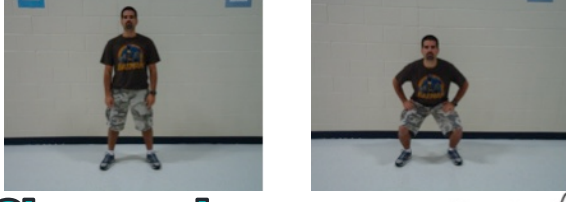
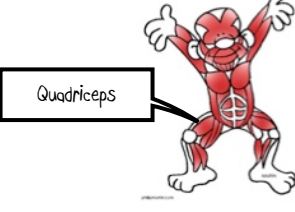
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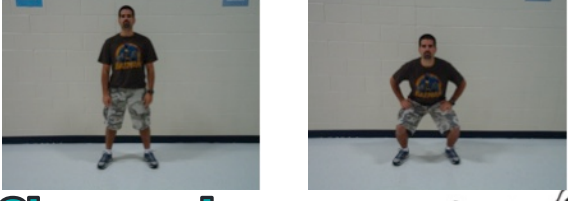
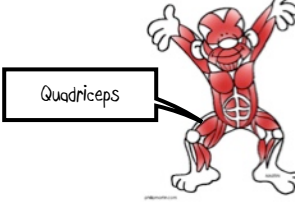
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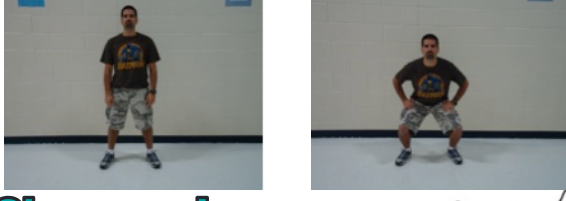
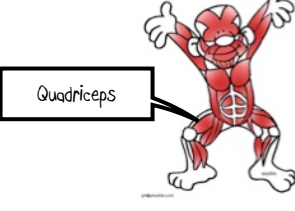
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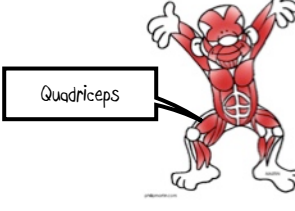
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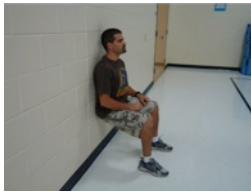
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Squats

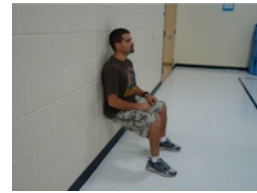
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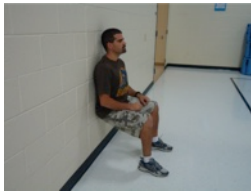
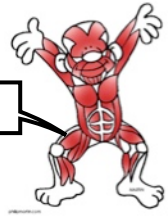
Wall Sit

Quadriceps



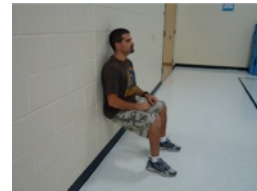
Wall Sit

Quadriceps



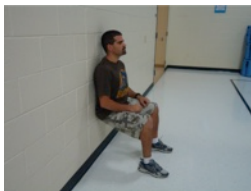
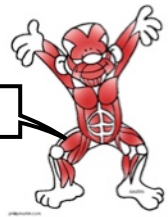
Wall Sit

Quadriceps



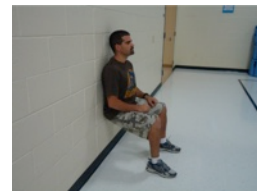
Wall Sit

Quadriceps



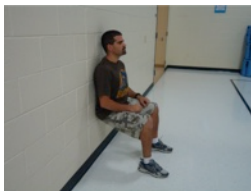
Wall Sit

Quadriceps



Wall Sit

Quadriceps



Wall Sit

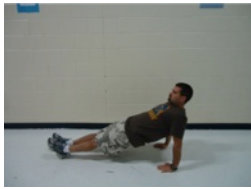
Quadriceps



Wall Sit

Quadriceps





REVERSE PLANKS

Deltoid

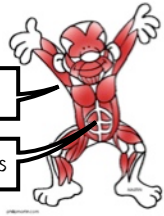
Rectus Abdominis



REVERSE PLANKS

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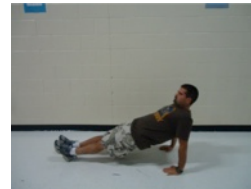
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REVERSE PLANKS

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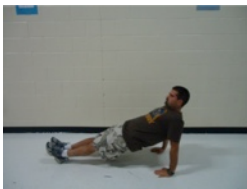
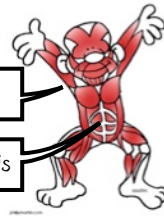
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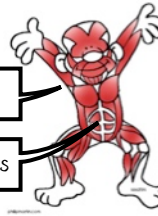
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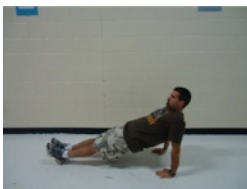
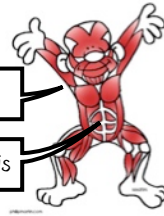
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Rectus Abdominis



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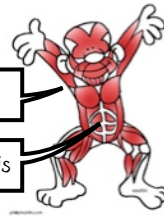
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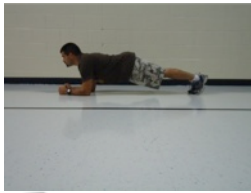


REVERSE PLANKS

Deltoid

Rectus Abdominis

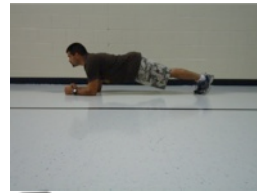
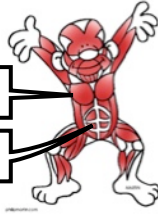




Planks

Pectoralis Major

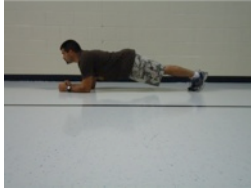
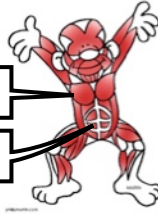
Rectus Abdominis



Planks

Pectoralis Major

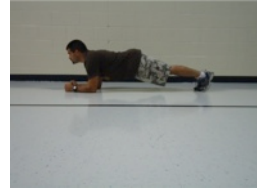
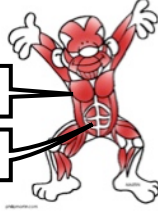
Rectus Abdominis



Planks

Pectoralis Major

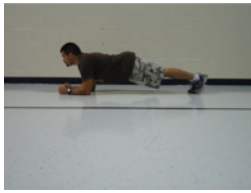
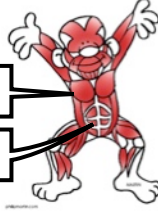
Rectus Abdominis



Planks

Pectoralis Major

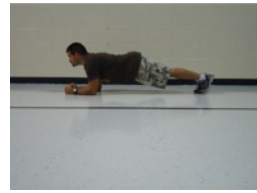
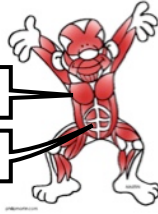
Rectus Abdominis



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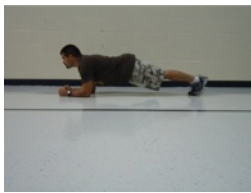
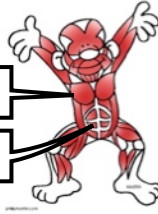
Rectus Abdominis



Planks

Pectoralis Major

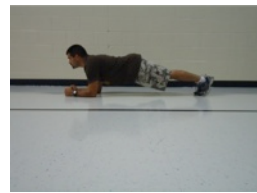
Rectus Abdominis



Planks

Pectoralis Major

Rectus Abdominis



Planks

Pectoralis Major

Rectus Abdominis





Jumping Jacks

Deltoid
Gastrocnemius



Jumping Jacks

Deltoid
Gastrocnemius



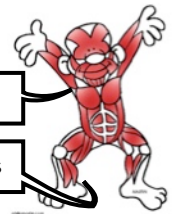
Jumping Jacks

Deltoid
Gastrocnemius



Jumping Jacks

Deltoid
Gastrocnemius



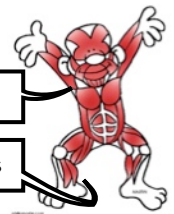
Jumping Jacks

Deltoid
Gastrocnemius



Jumping Jacks

Deltoid
Gastrocnemius



Jumping Jacks

Deltoid
Gastrocnemius



Jumping Jacks

Deltoid
Gastrocnemius





JUMPING JILLS

Deltoid

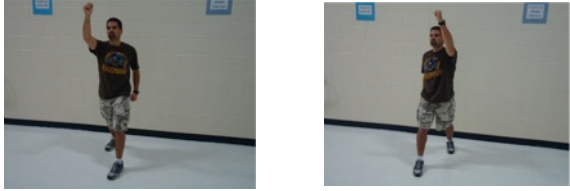
Gastrocnemius



JUMPING JILLS

Deltoid


Gastrocnemius



JUMPING JILLS

Deltoid

Gastrocnemius



JUMPING JILLS

Deltoid

Gastrocnemius



JUMPING JILLS

Deltoid

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JUMPING JILLS

Deltoid

Gastrocnemius



JUMPING JILLS

Deltoid

Gastrocnemius




JUMPING JILLS

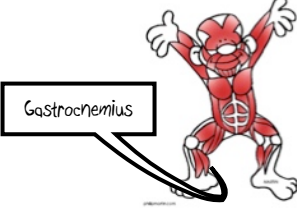
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Gastrocnemius






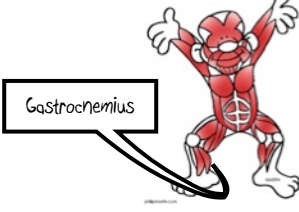
SKI JUMPS




Gastrocnemius



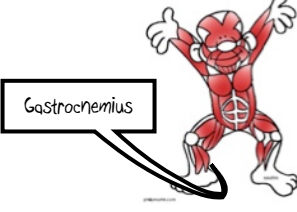
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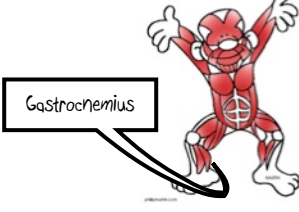
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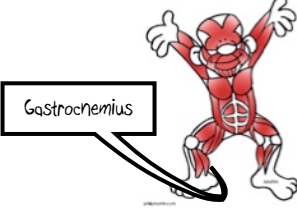
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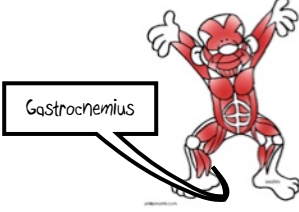
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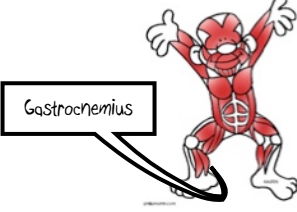
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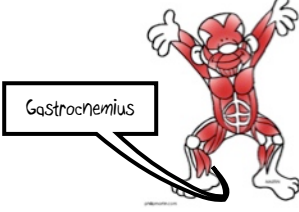
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SKI JUMPS


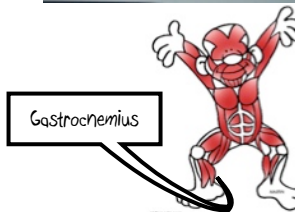


Gastrocnemius





BELL JUMPS

Gastrocnemius




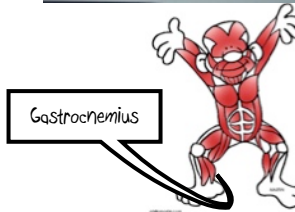
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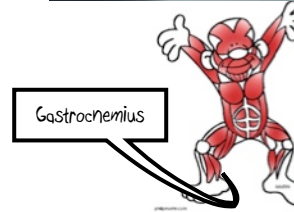
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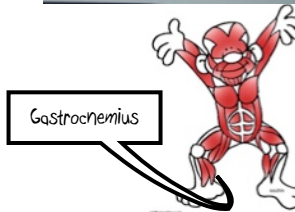
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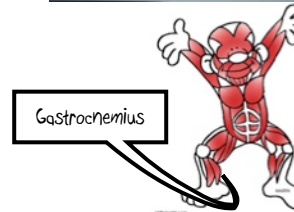
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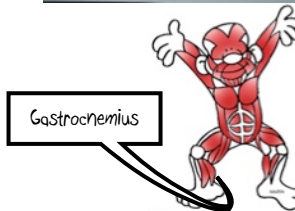
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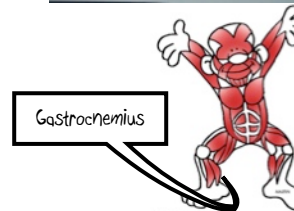
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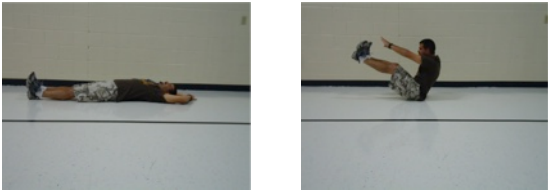
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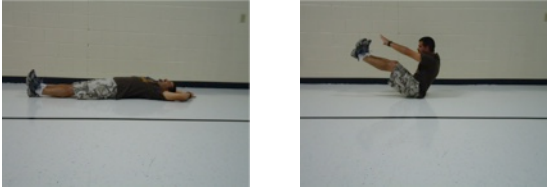

Gastrocnemius





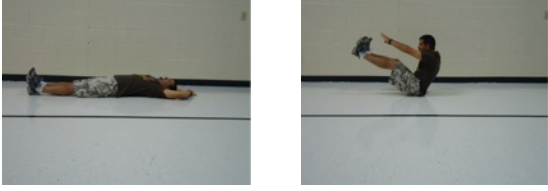

Body Folds

Rectus Abdominis





Body Folds

Rectus Abdominis



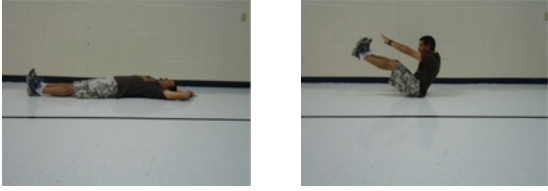

Body Folds

Rectus Abdominis



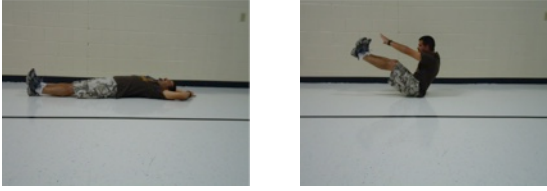

Body Folds

Rectus Abdominis



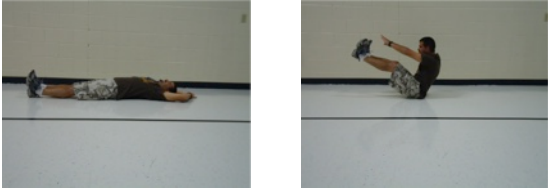

Body Folds

Rectus Abdominis



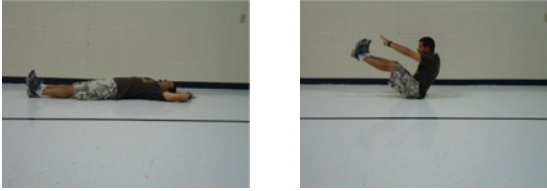

Body Folds

Rectus Abdominis




Body Folds

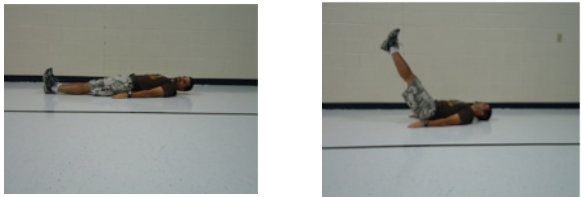
Rectus Abdominis



Body Folds

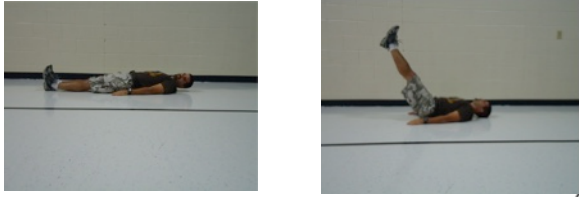

Rectus Abdominis





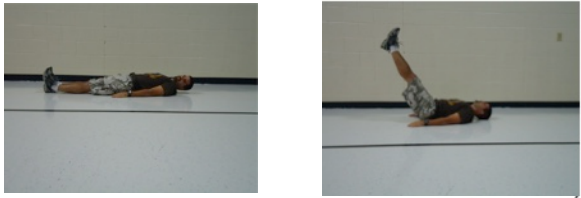

Leg Lifts

Rectus Abdominis



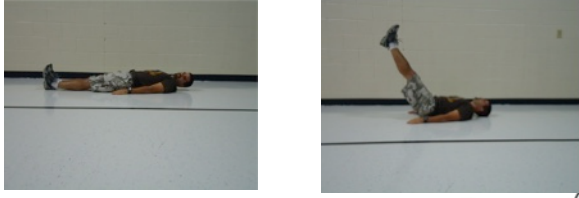

Leg Lifts

Rectus Abdominis



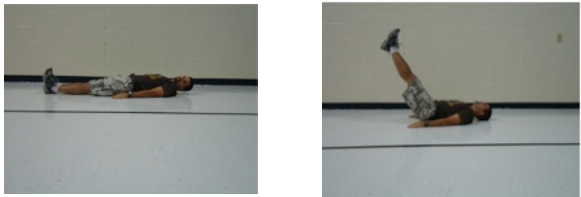

Leg Lifts

Rectus Abdominis



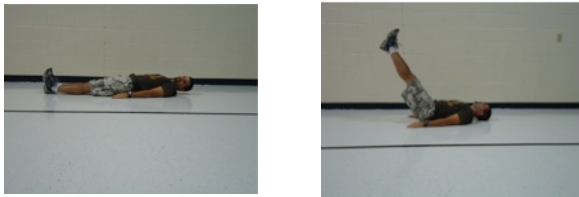

Leg Lifts

Rectus Abdominis



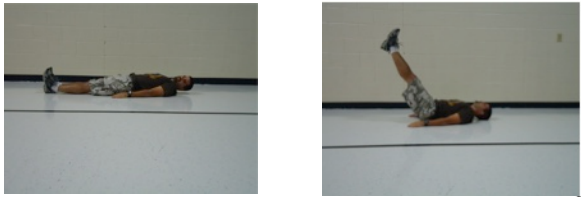

Leg Lifts

Rectus Abdominis



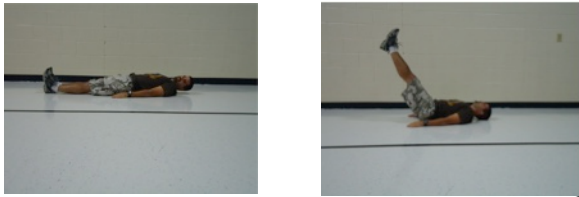

Leg Lifts

Rectus Abdominis




Leg Lifts

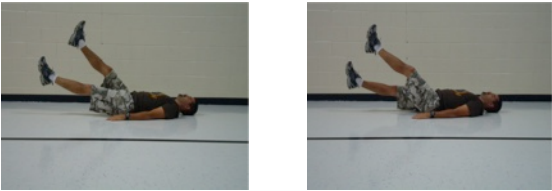
Rectus Abdominis



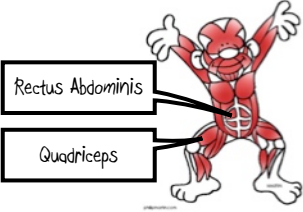
Leg Lifts

Rectus Abdominis






Scissor Kicks

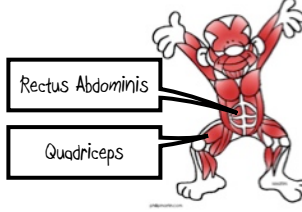


Rectus Abdominis

Quadriceps

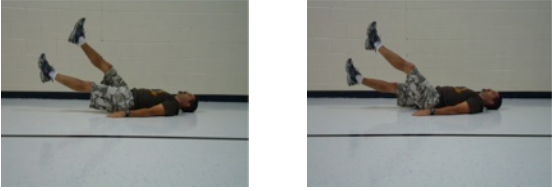


Scissor Kicks

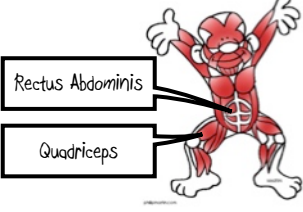


Rectus Abdominis

Quadriceps




Scissor Kicks

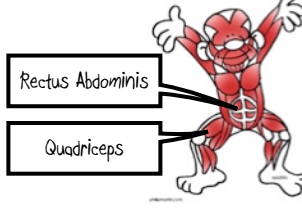


Rectus Abdominis

Quadriceps

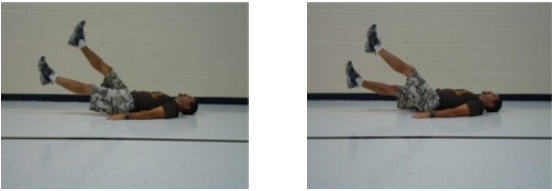


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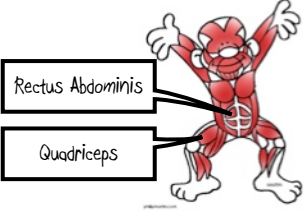


Rectus Abdominis

Quadriceps

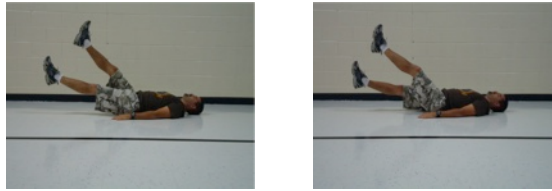


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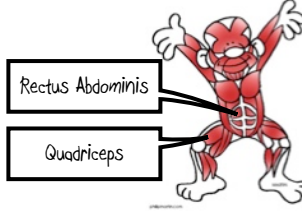


Rectus Abdominis

Quadriceps

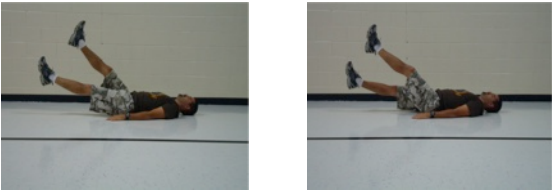


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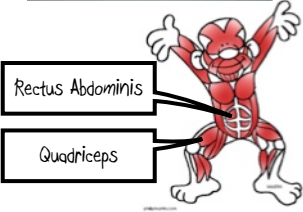


Rectus Abdominis

Quadriceps

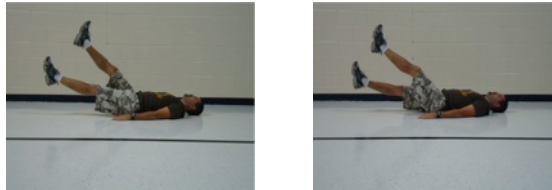


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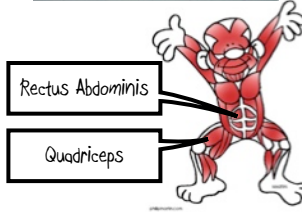


Rectus Abdominis

Quadriceps

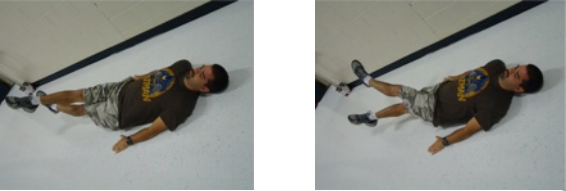


Scissor Kicks



Rectus Abdominis

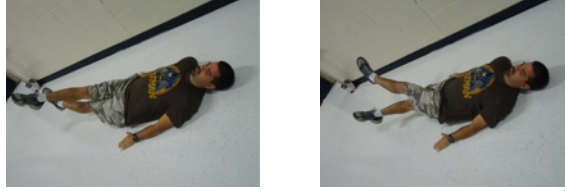
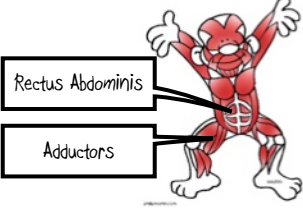
Quadriceps



**CROSS
OVER**

Rectus Abdominis

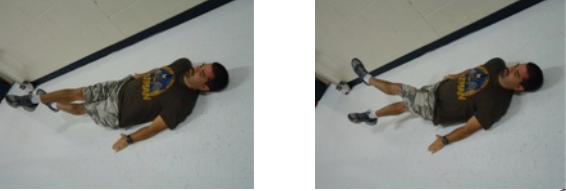
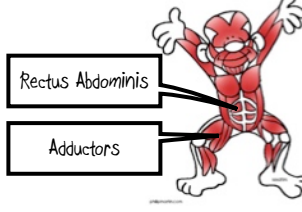
Adductors



**CROSS
OVER**

Rectus Abdominis

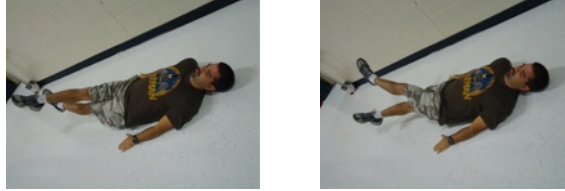
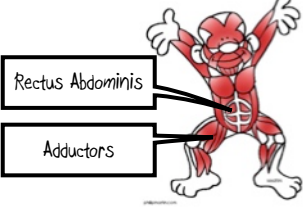
Adductors



**CROSS
OVER**

Rectus Abdominis

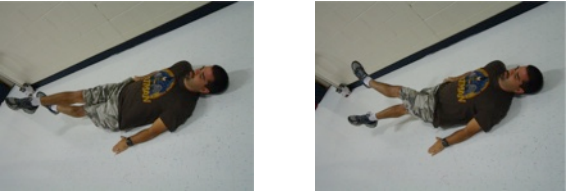
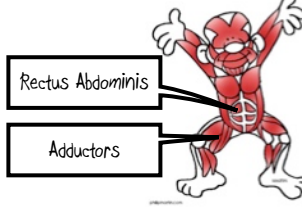
Adductors



**CROSS
OVER**

Rectus Abdominis

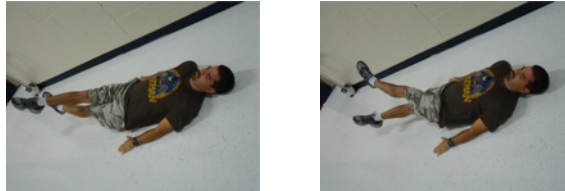
Adductors



**CROSS
OVER**

Rectus Abdominis

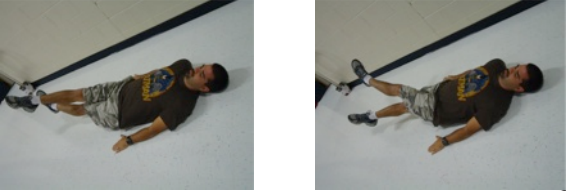
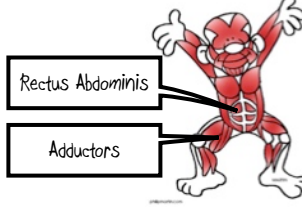
Adductors



**CROSS
OVER**

Rectus Abdominis

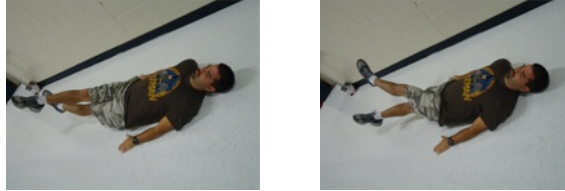
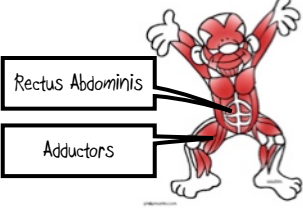
Adductors



**CROSS
OVER**

Rectus Abdominis

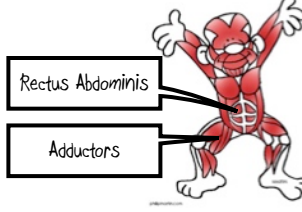
Adductors




**CROSS
OVER**

Rectus Abdominis

Adductors

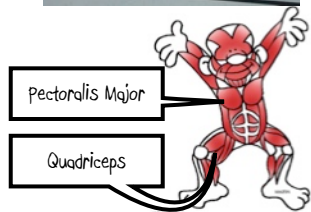




Mountain Climbers

Pectoralis Major


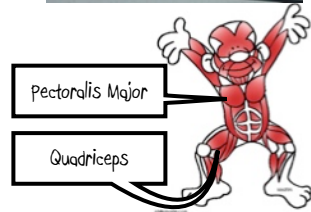
Quadriceps



Mountain Climbers

Pectoralis Major


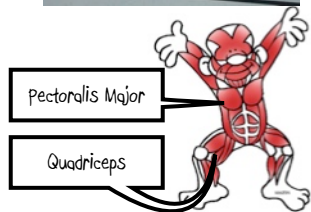
Quadriceps



Mountain Climbers

Pectoralis Major


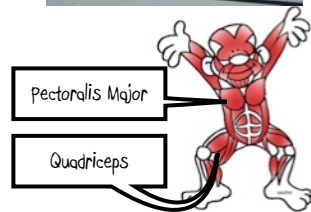
Quadriceps



Mountain Climbers

Pectoralis Major


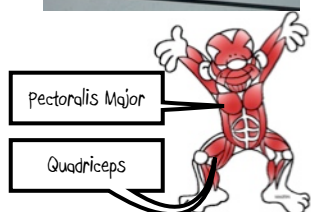
Quadriceps



Mountain Climbers

Pectoralis Major


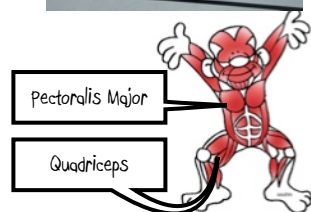
Quadriceps



Mountain Climbers

Pectoralis Major


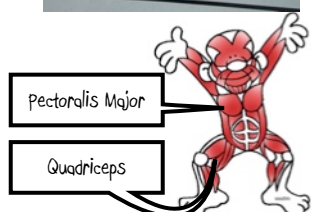
Quadriceps



Mountain Climbers

Pectoralis Major

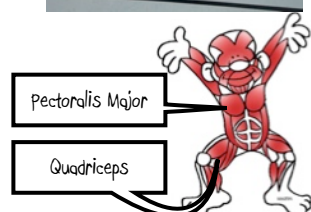
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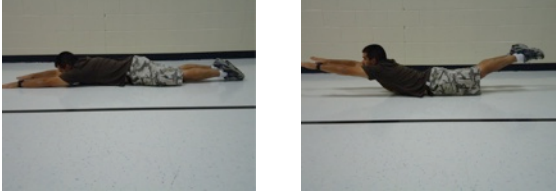


Mountain Climbers

Pectoralis Major

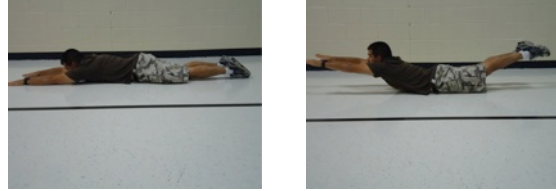

Quadriceps





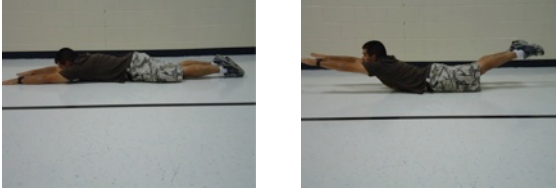

SUPERMAN

Latissimus Dorsi
(lower back)



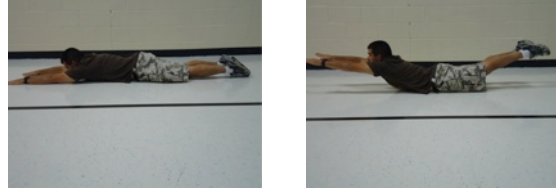

SUPERMAN

Latissimus Dorsi
(lower back)



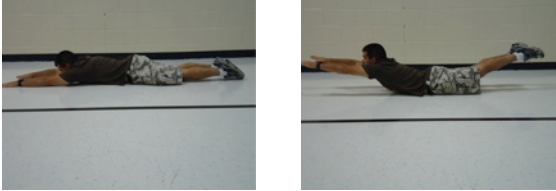

SUPERMAN

Latissimus Dorsi
(lower back)



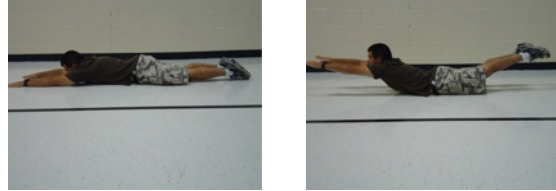

SUPERMAN

Latissimus Dorsi
(lower back)



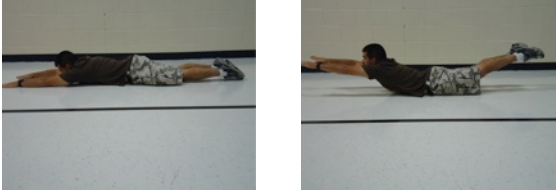

SUPERMAN

Latissimus Dorsi
(lower back)



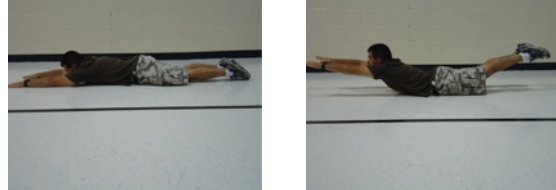

SUPERMAN

Latissimus Dorsi
(lower back)




SUPERMAN


Latissimus Dorsi
(lower back)



SUPERMAN


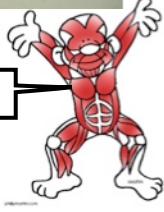
Latissimus Dorsi
(lower back)







Arm Switch

Pectoralis Major



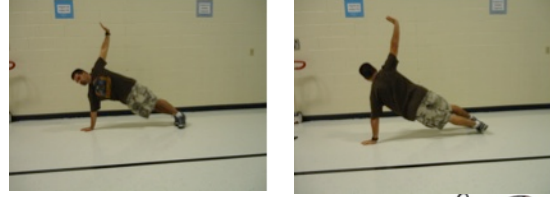
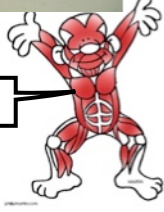
Arm Switch

Pectoralis Major





Arm Switch

Pectoralis Major




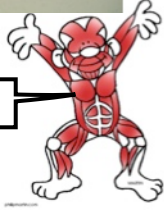
Arm Switch

Pectoralis Major




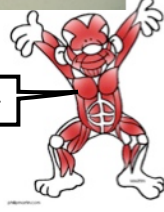
Arm Switch

Pectoralis Major




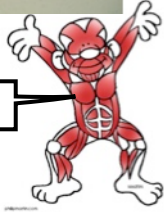
Arm Switch

Pectoralis Major



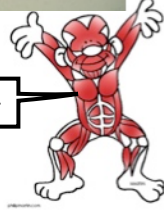
Arm Switch


Pectoralis Major



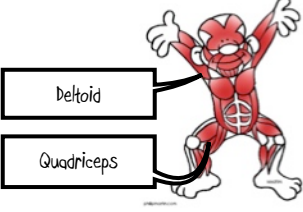
Arm Switch

Pectoralis Major






Switch Kicks

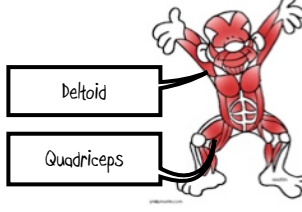


Deltoid

Quadriceps




Switch Kicks

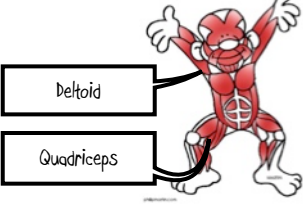


Deltoid

Quadriceps




Switch Kicks

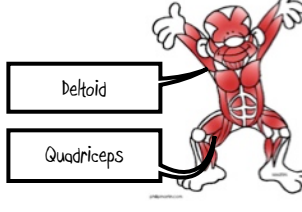


Deltoid

Quadriceps




Switch Kicks

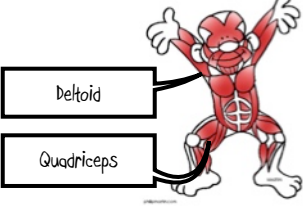


Deltoid

Quadriceps




Switch Kicks

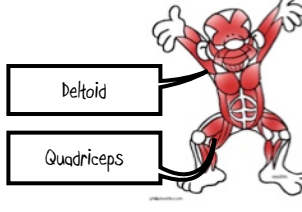


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Quadriceps




Switch Kicks

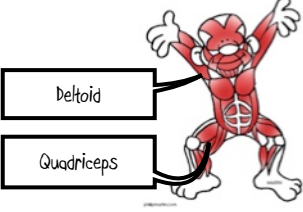


Deltoid

Quadriceps




Switch Kicks

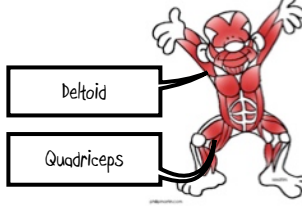


Deltoid

Quadriceps




Switch Kicks





Deltoid

Quadriceps





Genie Sits

Quadriceps





Genie Sits

Quadriceps




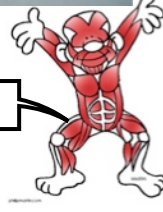
Genie Sits

Quadriceps



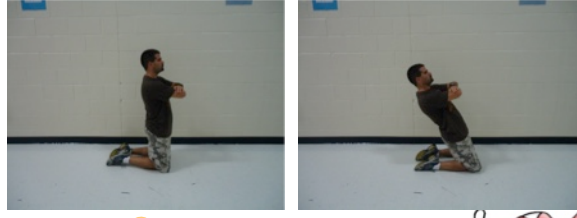
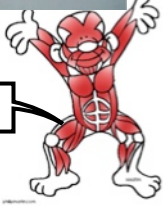
Genie Sits

Quadriceps




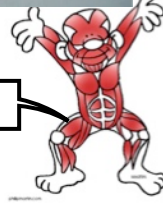
Genie Sits

Quadriceps





Genie Sits

Quadriceps




Genie Sits


Quadriceps



Genie Sits


Quadriceps





WALL PUSHUPS

Pectoralis Major



WALL PUSHUPS

Pectoralis Major



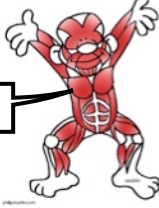
WALL PUSHUPS

Pectoralis Major



WALL PUSHUPS

Pectoralis Major




WALL PUSHUPS

Pectoralis Major



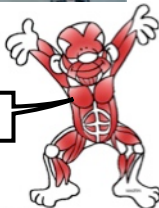
WALL PUSHUPS

Pectoralis Major



WALL PUSHUPS


Pectoralis Major



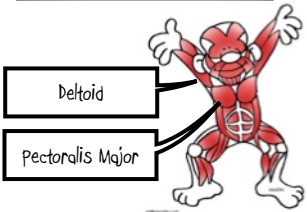
WALL PUSHUPS

Pectoralis Major



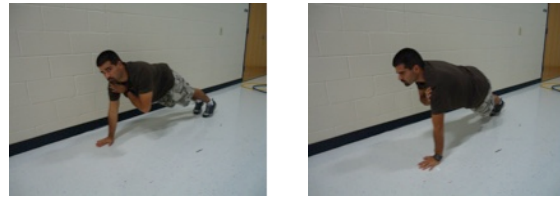


SHOULDER TAPS

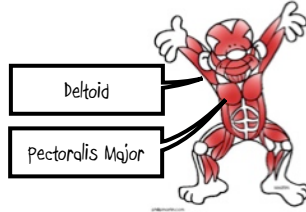


Deltoid

Pectoralis Major




SHOULDER TAPS

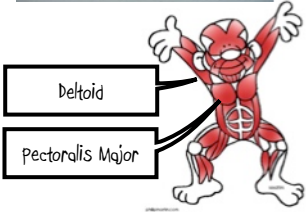


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Pectoralis Major

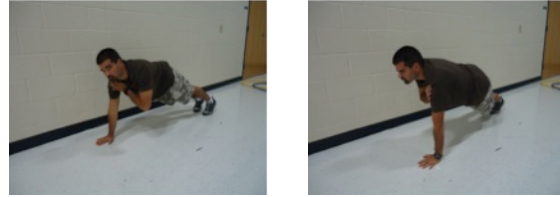


SHOULDER TAPS

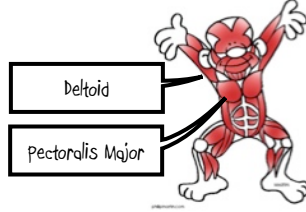


Deltoid

Pectoralis Major




SHOULDER TAPS

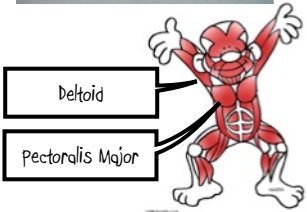


Deltoid

Pectoralis Major




SHOULDER TAPS

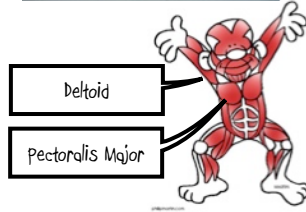


Deltoid

Pectoralis Major




SHOULDER TAPS

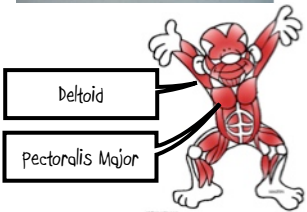


Deltoid

Pectoralis Major

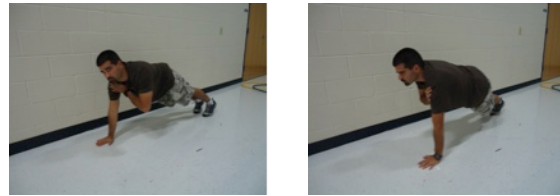


SHOULDER TAPS

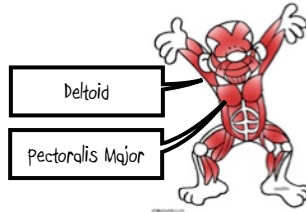


Deltoid

Pectoralis Major




SHOULDER TAPS



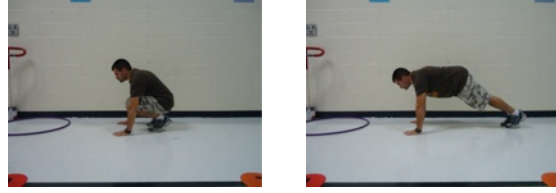

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Pectoralis Major



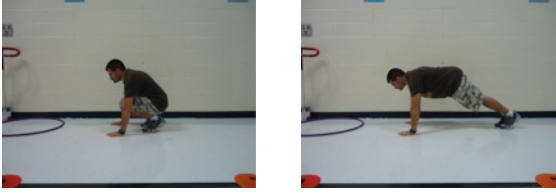

**Jump
Planks**

Pectoralis Major
Gastrocnemius



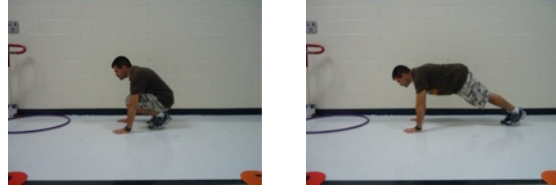

**Jump
Planks**

Pectoralis Major
Gastrocnemius




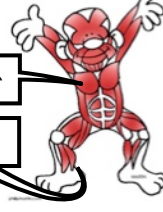
**Jump
Planks**

Pectoralis Major
Gastrocnemius



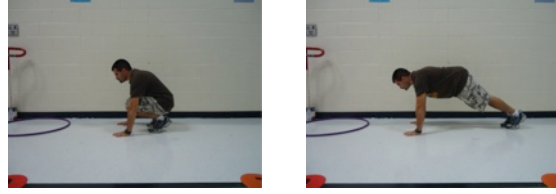

**Jump
Planks**

Pectoralis Major
Gastrocnemius



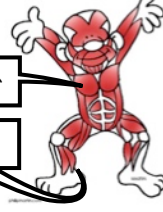
**Jump
Planks**

Pectoralis Major
Gastrocnemius



**Jump
Planks**

Pectoralis Major
Gastrocnemius



**Jump
Planks**

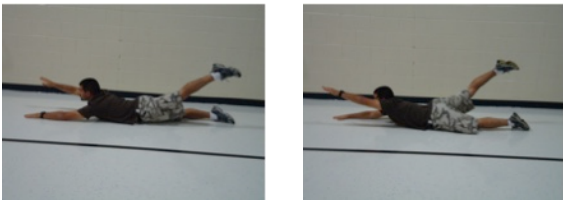
Pectoralis Major
Gastrocnemius



**Jump
Planks**

Pectoralis Major
Gastrocnemius

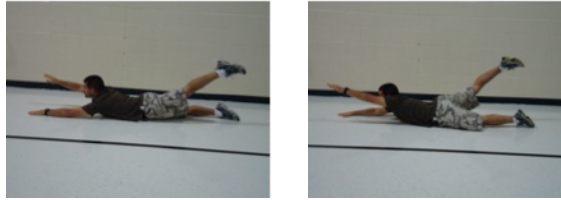





Swimmer

Deltoid

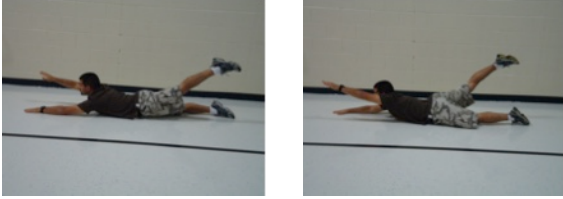

Latissimus Dorsi
(lower back)



Swimmer

Deltoid

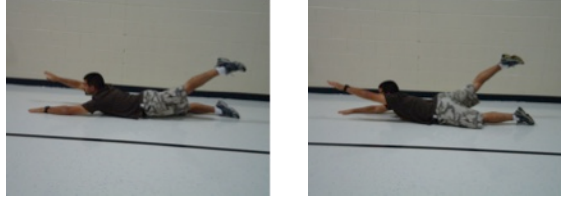

Latissimus Dorsi
(lower back)



Swimmer

Deltoid

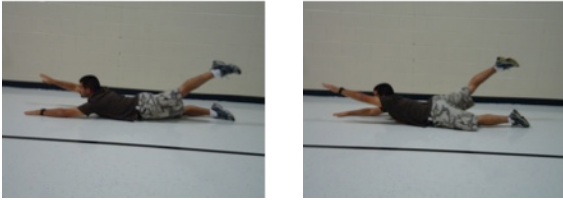

Latissimus Dorsi
(lower back)



Swimmer

Deltoid

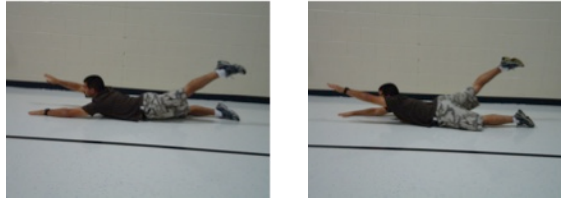

Latissimus Dorsi
(lower back)



Swimmer

Deltoid

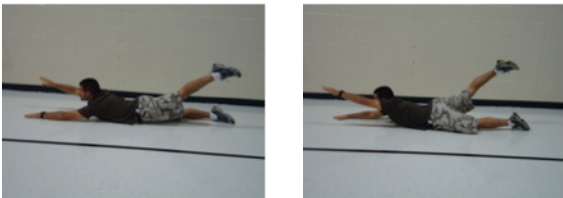

Latissimus Dorsi
(lower back)



Swimmer

Deltoid

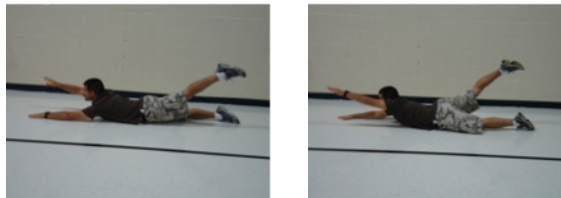

Latissimus Dorsi
(lower back)



Swimmer

Deltoid


Latissimus Dorsi
(lower back)




Swimmer


Deltoid

Latissimus Dorsi
(lower back)







Calf Raises



Gastrocnemius



Calf Raises




Gastrocnemius




Calf Raises




Gastrocnemius




Calf Raises




Gastrocnemius




Calf Raises




Gastrocnemius




Calf Raises




Gastrocnemius




Calf Raises



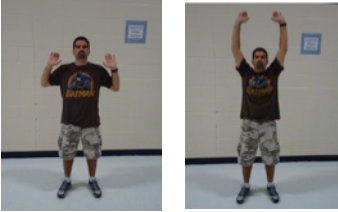
Gastrocnemius



Calf Raises

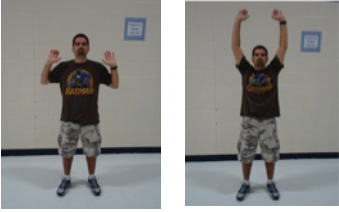



Gastrocnemius



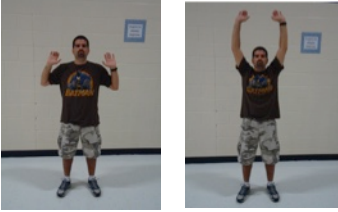

SHOULDER PRESS

Deltoid



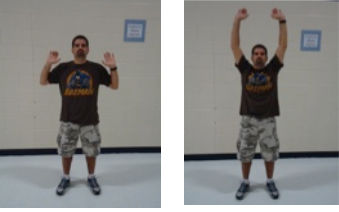

SHOULDER PRESS

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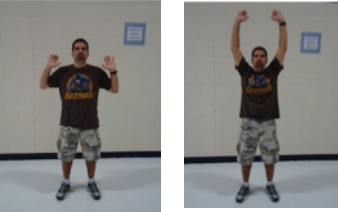

SHOULDER PRESS

Deltoid



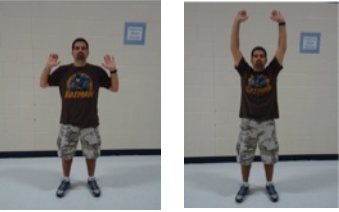

SHOULDER PRESS

Deltoid



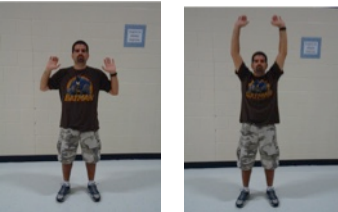

SHOULDER PRESS

Deltoid



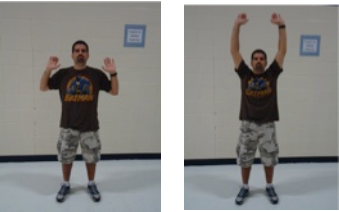

SHOULDER PRESS

Deltoid




SHOULDER PRESS


Deltoid



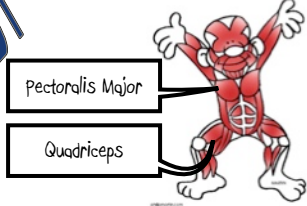
SHOULDER PRESS

Deltoid






SQUAT THRUST

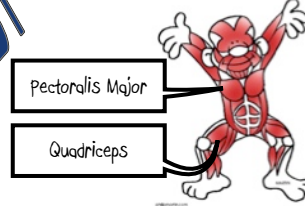


Pectoralis Major

Quadriceps

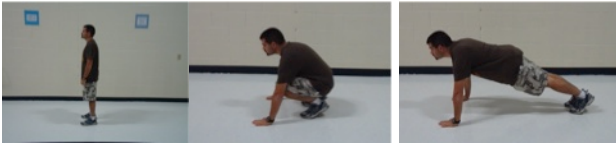


SQUAT THRUST

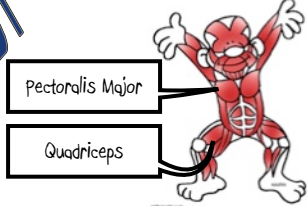


Pectoralis Major

Quadriceps

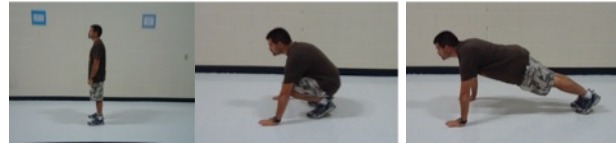


SQUAT THRUST

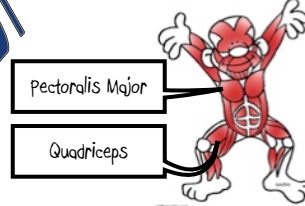


Pectoralis Major

Quadriceps

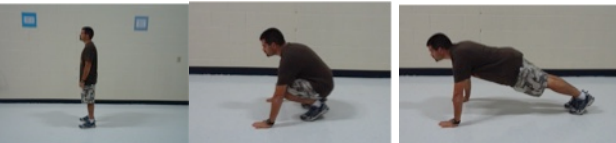


SQUAT THRUST

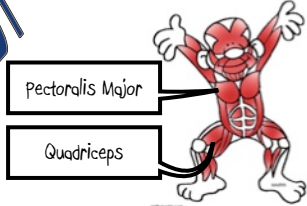


Pectoralis Major

Quadriceps

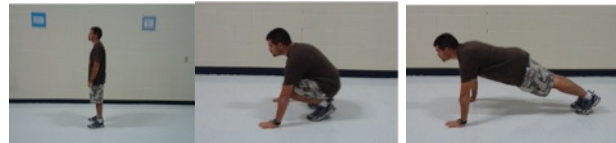


SQUAT THRUST

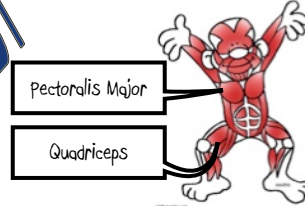


Pectoralis Major

Quadriceps

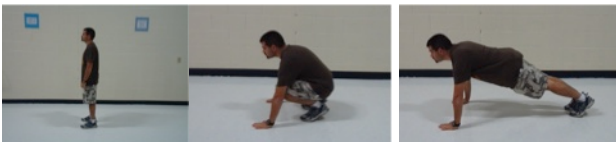


SQUAT THRUST

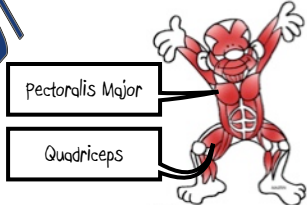


Pectoralis Major

Quadriceps

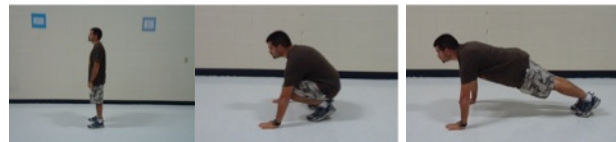


SQUAT THRUST

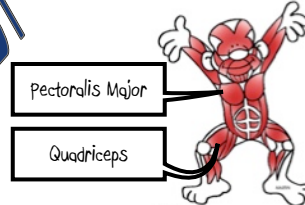


Pectoralis Major

Quadriceps




SQUAT THRUST



Pectoralis Major



Quadriceps



QUADRAPLEX

Deltoid



Quadriceps



QUADRAPLEX

Deltoid


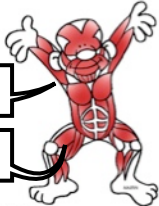
Quadriceps



QUADRAPLEX

Deltoid



Quadriceps



QUADRAPLEX

Deltoid

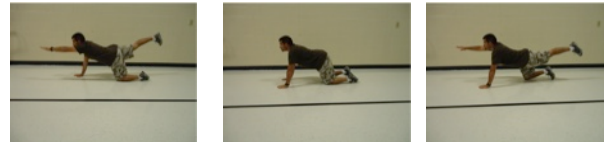

Quadriceps



QUADRAPLEX

Deltoid



Quadriceps



QUADRAPLEX

Deltoid



Quadriceps



QUADRAPLEX

Deltoid


Quadriceps

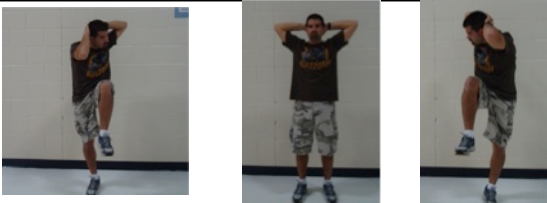


QUADRAPLEX

Deltoid

Quadriceps

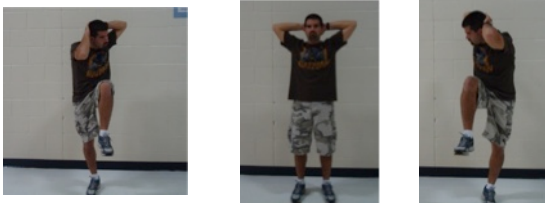
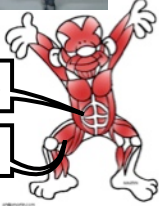




STEAM ENGINES

Rectus Abdominis

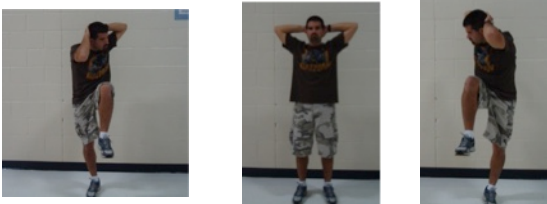

Quadriceps



STEAM ENGINES

Rectus Abdominis

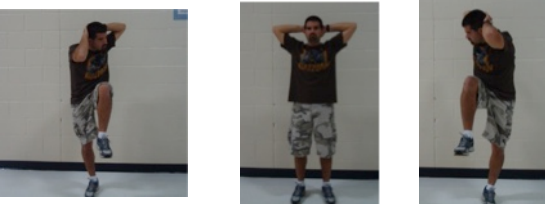

Quadriceps



STEAM ENGINES

Rectus Abdominis

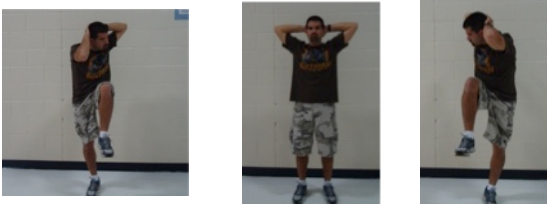

Quadriceps



STEAM ENGINES

Rectus Abdominis

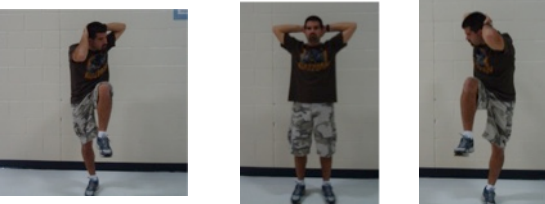

Quadriceps



STEAM ENGINES

Rectus Abdominis

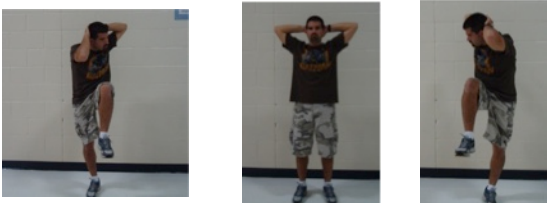

Quadriceps



STEAM ENGINES

Rectus Abdominis

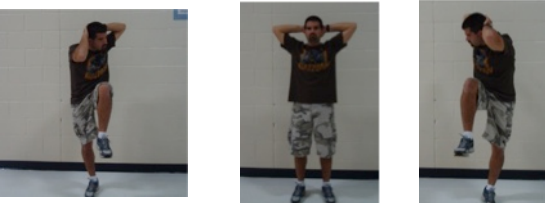

Quadriceps



STEAM ENGINES

Rectus Abdominis

Quadriceps



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Rectus Abdominis

Quadriceps

