

EXERCISE: BENCH PRESS (THE PUSHING PHASE)

What Joint?	What Movement?	What Muscles?
Shoulder	Horizontal Flexion	Pec Major and Anterior Deltoid
Elbow	Extension	Triceps

EXERCISE: SHOULDER PRESS (THE PUSHING PHASE)

What Joint?	What Movement?	What Muscles?

EXERCISE: LAT PULL DOWN - WIDE (THE PULLING PHASE)

What Joint?	What Movement?	What Muscles?

EXERCISE: SEATED ROW – NARROW GRIP (THE PULLING PHASE)

What Joint?	What Movement?	What Muscles?

EXERCISE: LEG PRESS (THE LIFTING – PUSHING PLATE AWAY PHASE)

What Joint?	What Movement?	What Muscles?

EXERCISE: PRESSUP – NARROW, ELBOWS IN (THE PUSHING PHASE)

What Joint?	What Movement?	What Muscles?

EXERCISE: BENT OVER ROW - WIDE (THE PULLING PHASE)

What Joint?	What Movement?	What Muscles?

EXERCISE: LUNGES – FRONT LEG ANALYSIS (THE LIFTING PHASE - UP)

What Joint?	What Movement?	What Muscles?

ANSWERS

EXERCISE: SHOULDER PRESS (THE PUSHING PHASE)		
What Joint?	What Movement?	What Muscles?
Shoulder	Abduction	Medial Deltoid (some anterior deltoid)
Elbow	Extension	Triceps

EXERCISE: LAT PULL DOWN - WIDE (THE PULLING PHASE)		
What Joint?	What Movement?	What Muscles?
Shoulder	Adduction	Lats, Teres Major, Pec Major
Elbow	Flexion	Biceps

EXERCISE: SEATED ROW – NARROW GRIP (THE PULLING PHASE)		
What Joint?	What Movement?	What Muscles?
Shoulder	Extension	Lats, Teres Major, Posterior Deltoid
Elbow	Flexion	Biceps

EXERCISE: LEG PRESS (THE LIFTING – PUSHING PLATE AWAY PHASE)		
What Joint?	What Movement?	What Muscles?
Hip	Extension	Glut Max & Hamstrings
Knee	Extension	Quads
Ankle	Plantarflexion	Calves

EXERCISE: PRESSUP – NARROW, ELBOWS IN (THE PUSHING PHASE)		
What Joint?	What Movement?	What Muscles?
Shoulder	Flexion	Anterior Deltoid & Pec Major
Elbow	Extension	Triceps

EXERCISE: BENT OVER ROW - WIDE (THE PULLING PHASE)		
What Joint?	What Movement?	What Muscles?
Shoulder	Horizontal Extension	Posterior Deltoids
Elbow	Flexion	Biceps

Answers

EXERCISE: LUNGES – FRONT LEG ANALYSIS (THE LIFTING PHASE - UP)		
What Joint?	What Movement?	What Muscle Actions?
Hip	Extension	Glut Max & Hamstrings
Knee	Extension	Quads
Ankle	Plantarflexion	Calves

Repeat and Practice