**LOS ANGELES HARBOR COLLEGE**

**WEIGHT TRAINING KIN 350-2, SECTION #2103**

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| **Midterm Study Guide****\*\*Know the names of the muscles\*\*** |
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|  | **Muscle** | **Location** | **Exercise** |
| 1) | Biceps | Front Upper Arm | Bicep Curls, Preacher Curls, or Hammer Curls |
| 2) | Triceps | Back Upper Arm | Tricep Pulldown, Tricep Extension, Dips, Tricep Pushbacks, Close Grip Pushups |
| 3) | Pectorals | Chest | Bench Press, Flys (Incline and Decline), Dips, Dumbbell Bench, Pushups |
| 4) | Abdominals | Stomach | Sit-ups, planks, Leg Raises |
| 5) | Quadriceps | Front Upper Leg | Squats, Lunges, Step-ups |
| 6) | Hamstrings | Back Upper Leg | Leg Curl, RDL (Romanian Dead Lift), Hip Lifts |
| 7) | Gluteus Maximus | Butt | Squats, Single Leg Squat, Lunges, Deadlifts |
| 8) | Latissimus Dorsi | Upper Back | Lat Pulldown, Rows, Chin-ups, Pull-ups |
| 9) | Trapezius | Between Neck & Shoulder | Shoulder Shrug |
| 10) | Gastrocnemius | Calf | Calf raises |
| 11) | Deltoid | Shoulder | Shoulder raises, Shoulder Presses, Shrugs |
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