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| **KIN 350-2 - Weight Training NAME:**  **PRE-TEST STUDENT ID:**  **GRADE:** | | | |
| Name the muscle that is related to the location and exercise | | | |
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|  | **Muscle** | **Location** | **Exercise** |
| 1) |  | Chest | Bench Press, Flys (Incline and Decline), Dips, Dumbbell Bench, Pushups |
| 2) |  | Upper Back | Lat Pulldown, Rows, Chin-ups, Pull-ups |
| 3) |  | Back Upper Arm | Dips, Close Grip Pushups |
| 4) |  | Shoulder | Shoulder Presses, Shrugs |
| 5) |  | Between Neck & Shoulder | Shoulder Shrug |
| 6) |  | Front Upper Arm | Hammer Curls, Preacher Curls |
| 7) |  | Stomach | Sit-ups, planks, Leg Raises |
| 8) |  | Butt | Squats, Single Leg Squat, Lunges, Deadlifts |
| 9) |  | Front Upper Leg | Squats, Lunges, Step-ups |
| 10) |  | Back Upper Leg | Leg Curl, RDL (Romanian Dead Lift), Hip Lifts |
| 11) |  | Calf | Calf raises |
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