**LOS ANGELES HARBOR COLLEGE**

**WEIGHT TRAINING KIN 250’s**

|  |
| --- |
| **Muscles & Exercises** |
|  |
|  |  |  |  |
|  | **Muscle** | **Location** | **Exercise** |
| 1) | Biceps | Front Upper Arm | Bicep Curls, Preacher Curls, or Hammer Curls, (Chinups) |
| 2) | Triceps | Back Upper Arm | Tricep Pulldown, Tricep Extension, Dips, Tricep Pushbacks, Close Grip Pushups |
| 3) | Pectorals | Chest | Bench Press (Incline & Decline), Flys (Incline & Decline), Dips, Dumbbell Bench, Alt. DB Bench, Pushups |
| 4) | Abdominals | Stomach | Sit-ups, planks, Leg Raises, (Clean & Jerk) |
| 5) | Quadriceps | Front Upper Leg | Squats, Lunges, Step-ups, Minimized RoM Leg Extension, Straight Leg Raise |
| 6) | Hamstrings | Back Upper Leg | Leg Curl, RDL (Romanian Dead Lift), Hip Lifts, Single Leg RDL, (Deadlifts), (Olympic Lifts: Hang Clean, Clean& Jerk) |
| 7) | Gluteus Maximus | Butt | Squats, Single Leg Squat, Lunges, Deadlifts, Step Ups, Leg Press, (Olympic Lifts: Hang Clean, Clean-Squat-Press) |
| 8) | Latissimus Dorsi | Upper Back | Lat Pulldown (Over&Under grip), Rows, DB Rows, Bent-Over Rows, Chin-ups, Pull-ups |
| 9) | Trapezius | Between Neck & Shoulder | Shoulder Shrug, (Olympic Lifts: Hang Clean, Clean& Jerk) |
| 10) | Gastrocnemius | Calf | Calf raises |
| 11) | Deltoid | Shoulder | Shoulder raises (Front/Side/Rear), Shoulder Presses, Shrugs, Dips Upright Row, (Olympic Lifts: Hang Clean, Clean& Jerk) |
|  |  |  |  |