

Shoulders	anterior deltoids
Shoulders	upper trapezius
Chest	pectoralis major
Rear Arms	triceps
Abs/Midsection	rectus abdominus

Lower Back	erector spinae
Thighs (front)	quadriceps
Bottom	gluteus maximus
Stomach	external & internal obliques
Shins	anterior tibialis

Calfs	gastrocnemius & soleus
Hip Flexors	iliacus
Thighs (rear)	hamstrings
Upper Back	latissimus dorsi