

THE BIG TEN

<u>Exercise</u>	<u>Directions/Key words</u>	<u>Muscle Group</u>
1. Crunches	Full or partial	Abdominals
2. Bent-over row	Forward stride, bend forward, Lift weight to chest, elbow high	Middle Back (Latissimus Dorsi)
3. Shrugs	(Standing) Elevate shoulders to ears	Upper Back (Trapezius)
4. Chest Press	(Laying down) Press upward	Chest (Pectorals)
5. Squat	Feet shoulder width apart, chest out, "Sit in a chair", knees apart	Hamstrings. Gluteals Quadriceps
6. Lunge	Take forward step, knee over ankle, back upright	Same as above
7. Lateral Raise	Lift weights from side	Shoulders (Deltoids)
8. Bicep Curls	Bend elbows, lift wts. toward shoulders	Front of arm (Biceps)
9. Tricep Extension	Hold wt. overhead, bend elbows so weight drops behind you Single or double arms	Back of arm (Triceps)
10. Heel Raise	Feet hip width apart; Rise up on toes.	Calf (Gastrocnemius)
