

What Are The Different Major Muscle Groups And How Do We Work Them



Original Author: Syreeta McDonald



Overview



Benefits of strength training



The major muscle groups



Build your routine



Why Strength Training?

- Age related muscle loss is called sarcopenia.
- Most adults lose about one-half pound of muscle per year after the age of 30.
- Muscle loss also occurs largely due to decreased activity.



Benefits of Strength Training

- Skeletal muscles work with your bones to help move the body in a variety of ways.
- This type of muscle is important for mobility, balance, and strength.
- Strength training increases both muscle and bone strength and reduces the risk of osteoporosis.



Benefits of Strength Training

- Improving strength helps make everyday tasks and routines easier (carrying groceries, climbing stairs).
- Strong muscles help improve posture and prevent injury.
- Increased muscle mass helps burn more calories and maintain a healthy weight

A photograph of a dumbbell and weight plates on a concrete floor. The dumbbell is positioned diagonally in the upper right corner, with its handle and one end visible. The handle has a knurled grip. Several weight plates are stacked on the handle. The background is a textured, grey concrete surface. The text "What are the Major Muscle Groups?" is overlaid in white, sans-serif font on the left side of the image. A solid magenta horizontal bar is located at the bottom of the image.

What are the Major
Muscle Groups?



Chest

Chest muscles are activated by arm movement at the shoulder joint.

Ex.) reaching for the seatbelt, tucking in a shirt.

To train these muscles, choose exercises that involve pushing such as Push ups, Chest Press, Dumbbell Fly.

Back

The back muscles move the shoulder and arms in pulling motions.

Back muscles also keep the spine erect or upright.

Pull-ups, Lat Pulldown, Upright Row, Back Extension strengthen these muscles.





Abdomen

Muscles in the abdomen support the spine and perform movements of the spine in all directions.

Crunches, Sit-ups, and Russian Twist, all work the midsection.



Arms

Arm movements at the elbow joint are produced by the biceps and triceps muscles.

Examples of arm exercises include Arm Curl, Shoulder Press, Triceps Pulldown.



Shoulders

Deltoids, or shoulder muscles assist in raising the arms up, forward, or back.

Exercises that train the shoulders include Lateral Raises and Reverse Fly.

Hips & Legs

Gluteal muscles move the leg at the hip joint and stabilize the pelvis.

Quadriceps, hamstrings, and calves help with sitting, standing, and propelling the body forward.

Squats, Lunges, Deadlifts, Glute Bridge are examples of exercises that train the hip and leg muscles.





Build a Routine

- Complete multiple sets of eight to 12 repetitions, working the muscles to the point of fatigue.
- Rest briefly between sets.
- Consult a fitness professional about progressing your workout safely.

Build a Routine

- Many exercises can be combined into a program that works all the major muscle groups.
 - Ex. Push-ups work the chest, shoulders, and arms
- Choose 1– 3 different exercises per muscle group, based on your goals.

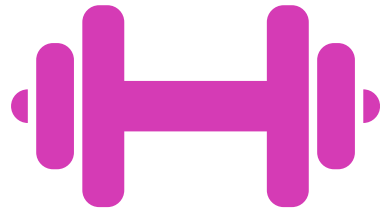


Sample Strength Routine

Exercise	Repetitions	Sets	Rest (seconds)
Dumbbell Squat	10	3	30
Push-ups	10	3	30
Walking Lunges	10	2-3	30
Lat Pulldown	10	2-3	30
Shoulder Press	10	2-3	30
Russian Twists	10	2-3	30
Glute Bridge	10	2-3	30

Complete workout twice per week allowing muscles to recover for at least one full day between sessions.

Before you get started...



Speak with a fitness professional about customizing your resistance-training routines.



Consult a doctor before starting a weight-training program.

Resources

[Muscle Groups to Work Out Together: How to Create a Plan \(healthline.com\)](#)

[Strength and Resistance Training Exercise | American Heart Association](#)