

# Know Your Muscles

For the following muscles, state where you would find them and what exercises help to train them.

Muscle	Where it is?	What exercises help to train the muscle?
Latissimus Dorsi		
Biceps		
Triceps		
Pectorals		
Deltoid		
Abdominals		
External Obliques		
Quadriceps		
Hamstrings		
Gastrocnemius		
Gluteus		