**Health and Wellness**



**All about muscles**

 **Bicep Draw it**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

 **Deltoid (anterior)**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

 **Pectorals**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

 **Obliques**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

 **Forearm**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Abdominals**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Trapezius**

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| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Latissimus Dorsi**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Lower Back**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Deltoid (Posterior)**

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| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Gluteus**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Hamstring**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Gastrocnemius**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

**Soleus**

|  |  |
| --- | --- |
| Region |  |
| Push/Pull |  |
| Key Exercise |  |
| Stretch |  |
| Interesting Fact |  |

