
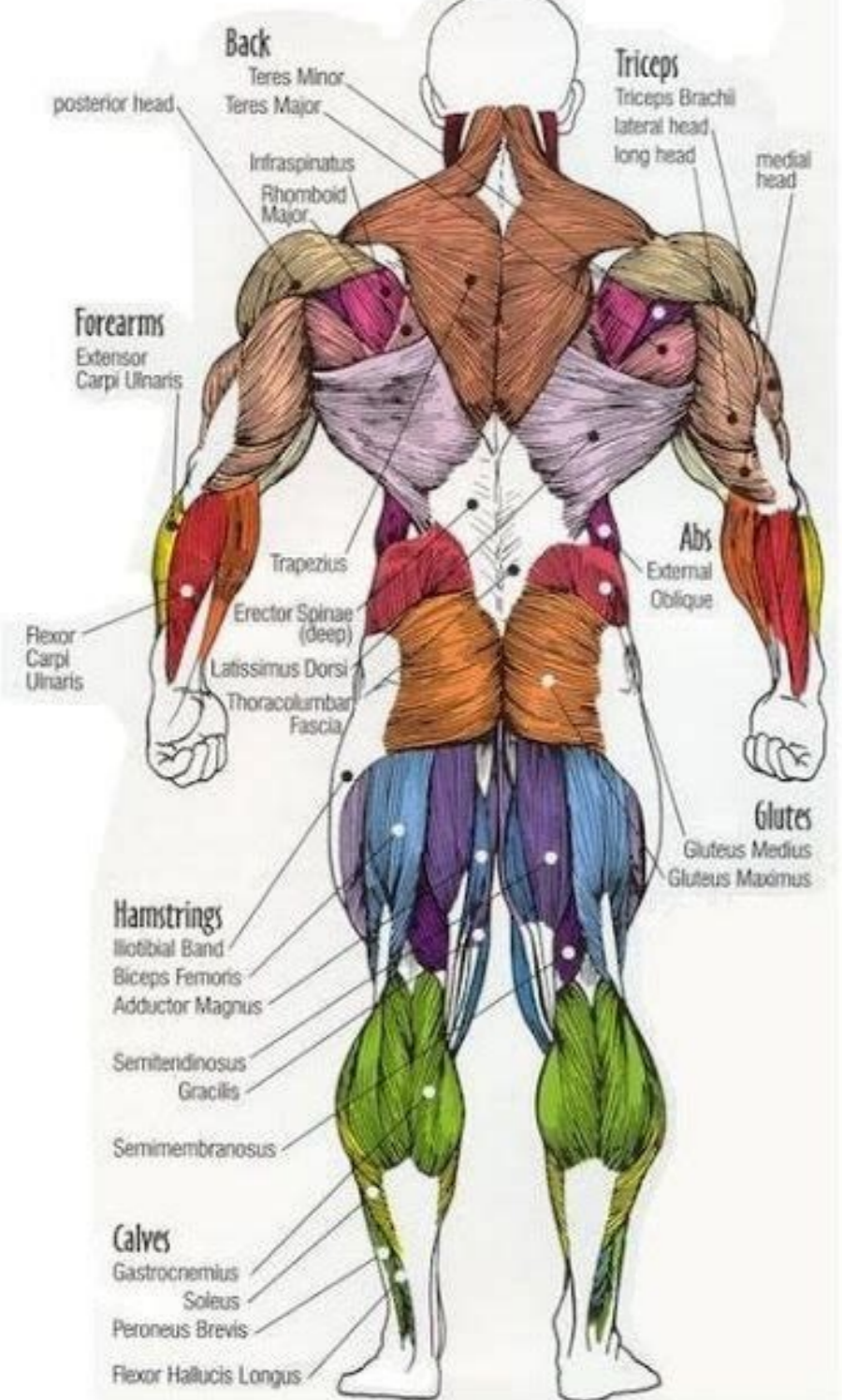
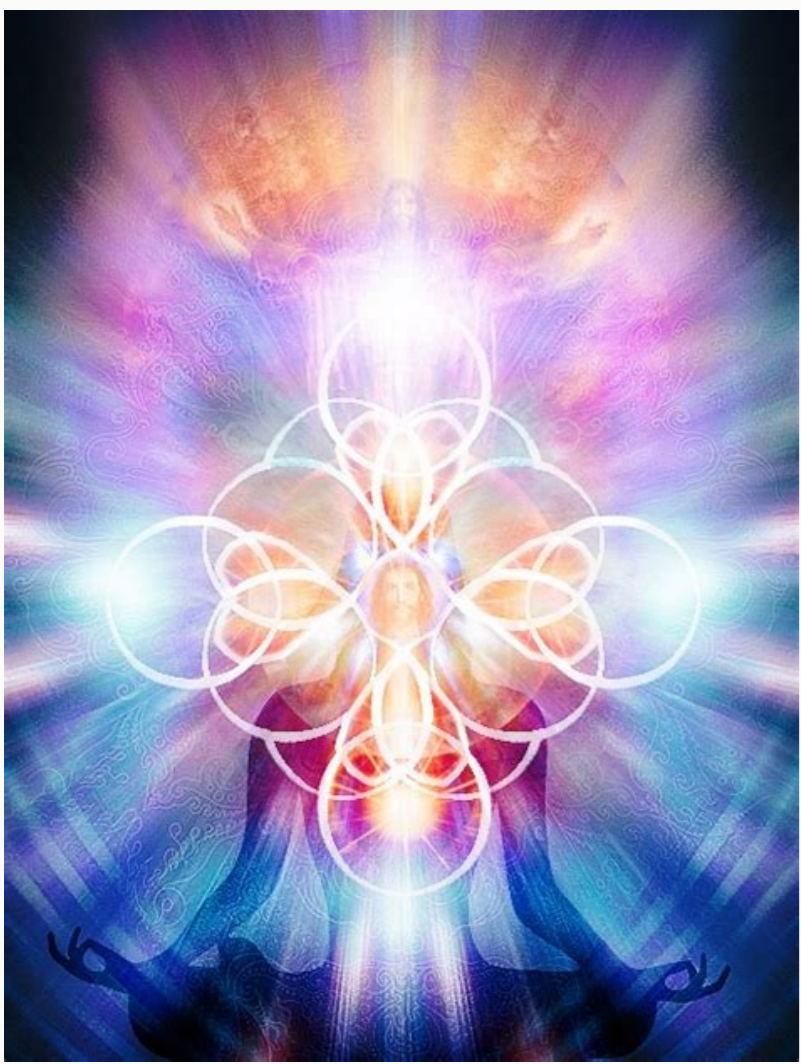
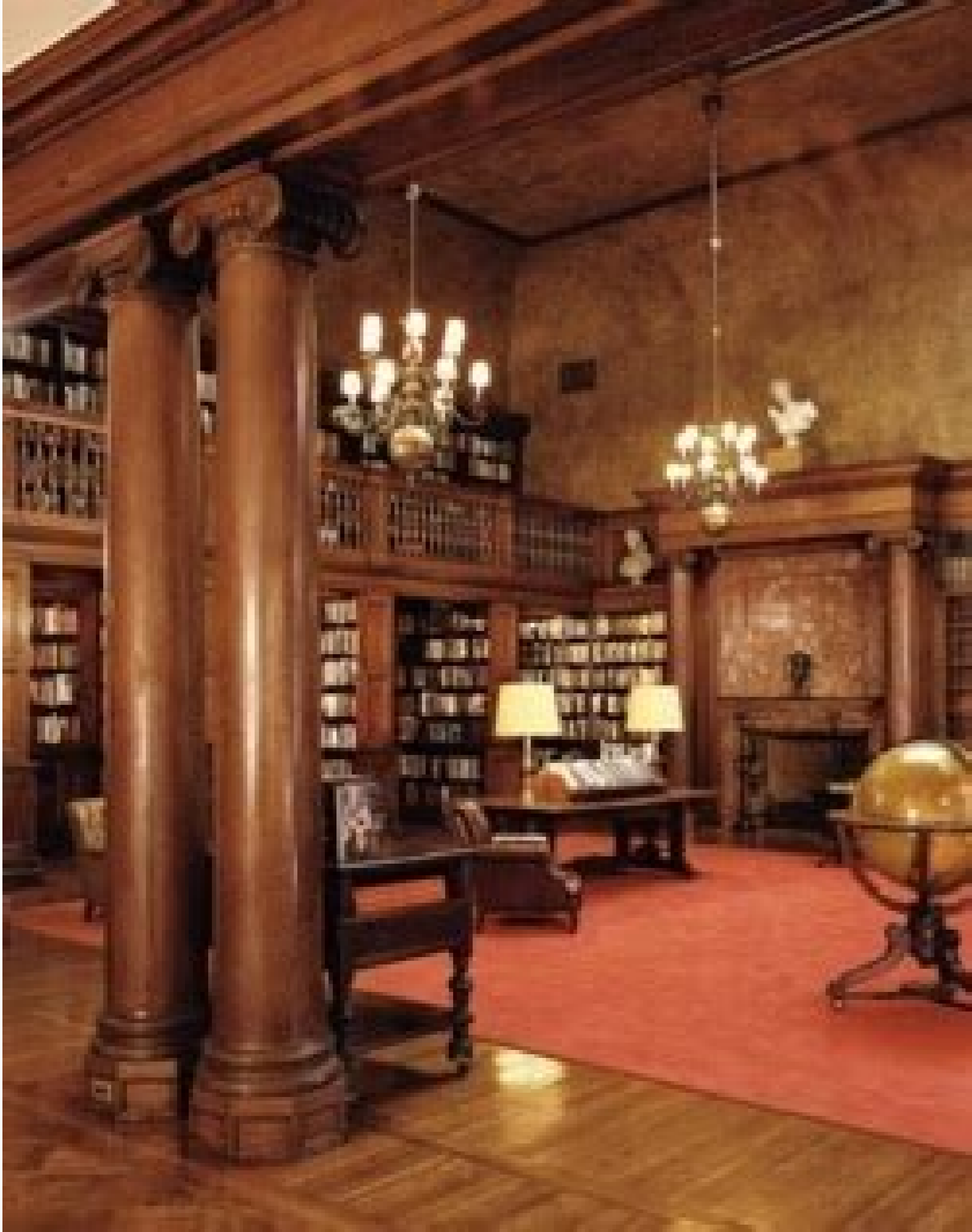


Different muscle groups in the body

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What are the 6 muscle groups. What are the 5 major upper body muscle groups. What are the 7 muscle groups.

When we are engaged in bodybuilding, movements are the result of the physical activity of various muscles of the human body, consisting of myofibrils. They form muscle fibers, which mainly play a motor role in coordinating body movements and, therefore, contribute to increasing muscle mass, increasing strength and sometimes even resistance. The muscles are grouped into groups that may be contracted or not to decline during stimulation. The ability to relax and reduce muscles determines the mobility of the body. This ability of muscle cells underlies strength training as a type of sports activity. The latter, performed continuously and regularly, contributes to the growth of muscle mass, thereby increasing the strength and performance of the athlete. To optimize weight gain, it is important to know the names of the muscles and their grouping according to human anatomy. Here is the scheme of some double-headed muscles of the shoulder-headed shoulder muscle of the biceps distant deltoid external deltoid ligament of the anterior gear diagram. -the solar solar muscle of the sternum-ski-coat-shaped IID vitting duct, the inner tensioner of the wide muscle of the external bundle of the double-headed muscle of the posterior quadrangular muscle of the lateral head of the three-headed muscle, located in the lateral head of the quadrangular muscle, the lateral head of the three-headed muscle, located in the rays bundle. Large wrist large gluteal large -large -high -end -large -high -end infra spino gemelli longus triceps longus muscle muscle Podzed Mosheol muscle circular semi -funny sides of the trapezoid large muscles of the buttocks: the role and importance of the knowledge of muscle anatomy before silver training. Not all muscles in the human body perform the same functions and are not used during exercises. In total, there are 639 muscles, of which 570 transversely broken muscles (skeletal muscles and smooth muscles in the human body). Some transversely broken muscles are the subject of physical training and will become the subject of a brief presentation of the anatomical table and the model of the human body. We have the names of the following muscles of the human body: chest, deltoid, trapezoidal, biceps and triceps, back muscles, quadriceps, buttocks, press, forearms, caviar and caviar andFrom a short description we have: chest: front of the chest. They make it easier to cross your arms to the chest, flexion and extension, as well as to turn the arms. Dontaids: They cover the outer part of the arm, they are needed to hold the arms forward or backward. Trapezus: they are part of the arm, participate in the movement of the shoulders and allow the swing of the head. Biceps and triceps - consist of bundles (long and short) and are supported by shoulder and elbow. They play a key role in bending and issuing forearms. These are antagonistic muscles. Rear muscles - cover the chest and support the background of the arms. Four -wire: it is in the front of the thigh and allows you to bend the hips. It consists of medial, lateral, front and directly crossed by Medialis. Buttocks: They consist of small, medium and large buttocks. These three powerful components stretch the hips and deviate in the pan. Gluteus Maximus is the largest and most powerful muscle in the human body. We continue the abdominal muscles: they form deep and superficial muscles. They cover the chest to the womb. They participate in the stability and support of the pelvis, spine and chest. Forearm: it consists of three types of muscles (oblong, Brevis and Flatus). It helps to move your wrists and hands. Calts: They are foot muscles. They run from ankle to Achilles. It consists of three muscle fibers, including soles and popliteal tendons. They provide movement in relation to the leg. Second: They run between the hip and knee. They contribute to knee movement and are necessary to stand. Adductor: Specific for UD, participates in the extension, bend and trade of hips. Intercostal muscles: They are located between the ribs and support the basket on the chest. They also facilitate breathing movements. They meet in groups where the synergies of their functions meet the needs of mobility. If you are not a beginner, we recommend one group exercise a week. What is a muscle group? The muscle group is a set of muscles in the body, which together perform movements whose functionality contributes to the same physical reaction. I am in the same joints and therefore one muscle group was considered. For example, the following muscles have the following muscles: frontal double shoulder, upper triceps, and anterior shoulder muscles that can be worked out together. The different types of muscle groups generally fall into two categories. They are the main group and the secondary group. Such a classification considers only the main muscles, since all the different muscles of the human body can be divided into groups. The main group includes: The secondary group of the square chest consists of: the shin biceps, as well as 5 groups, and they are: the lower group, the upper group, the shoulder strap, the abdominal wall, and the back wall. The lower group includes: large buttocks consisting of three muscles: large buttocks responsible for bulging buttocks, middle buttocks and small buttocks. It is one of the highest in power and weight. This is related to the stability and movement of the club. A gift that maintains the distance between the limb and the mid-occipital axis, which maintains the impending movement between the body limb with the mid-occipital axis, which provides flexion movements of the knee and hip. It opposes the four muscles, the square part of the femur, also known as the healing ankle, which is great and holds body weight perfectly. They are the origin of the legs, twins, represented by calves, which are involved in the extension of the ankle movements. The upper group includes: biceps and triceps, which respectively provide elbow bending and laying movements. They both work in the opposite way, imparting arm movements to the forearm and straightened muscles. The shoulder girdle consists of: the trapezoid required for the lifting movements of the arms and thus in order to transmit the blades, the large pectoral muscle responsible for lowering the arms, connecting the arms. The deltoid muscle helps to spread the arms out. To raise the arms, the wide gorsi specializes in arm extension movements from the front or back. The abdominal wall consists of: tendencies responsible for pelvic flexion and trunkAbdomen, which provides the bending movements of the body associated with the pelvis. The back wall consists of: the main support for the transition back to the back. How many times a week should I work the same muscle group? When we're young, it's important to start working all the muscles through one or half of the body (upper or lower body) depending on the equipment you have. These are called full body and half body. If you have equipment or go to the gym, you can start from the middle of your body. If you don't have any equipment, a body-based program is recommended. Click here to learn more Once we've gained experience and gain minimal experience, we can move on to the program (muscle group per day). It should be noted that the group trained during the session depends on your training program, but regardless of which program you choose, you will need to work one or more muscle groups. It also depends on the increase in muscle mass. The more advanced, the more muscles will require more intense and specific exercises for one or more groups. Therefore, depending on the muscle groups, it is recommended to adjust strength training and physical exercises to prevent general body fatigue and further progress. In summary, it depends on your experience and training program, but it is not recommended to target the same muscle groups twice a week. You can still do Encore, but make sure you are well enough when you need to rest. At least after 3-4 days. Five more facts about the muscles of the human body: an overview of muscles and movements You know a little more about muscles and muscle groups, you just need to follow a good educational program for your goals. Remember that a trainer is not enough to increase muscle mass, you should integrate your nutrition with bodybuilding adaptations. Additional articles: What is the purpose of the deep muscles? What exactly is muscle hypertrophy? What are the benefits of cryotherapy for athletes? Focus on Superseeria for more effective strength training, human anatomy skeletal muscle list. This is a picture of human anatomy skeletal muscles. There are about 650 skeletal muscles in the typical human body. Almost every muscle is part of the same bilateral muscle pair found in both. This gives approximately 320 pairs of muscles, as shown in this article. However, the exact number is difficult to determine. Different sources group muscles in different ways, which are defined as different parts of a single muscle or multiple muscles. There are also overlapping muscles that are present in some people but absent in others, such as the Palmaris longus muscle. [4][5] The muscles of the human body can be divided into several groups, including muscles associated with the head and neck, muscles of the torso, muscles of the upper limbs, and muscles of the lower limbs. Action refers to the work of each muscle from a standard anatomical position. Other actions can be performed in other locations. These muscles are described using anatomical terminology. The term "muscle" is omitted from muscle names (except when the muscle is the origin or insertion), and the term "bone" is omitted from bone names. The terms "artery" and "nerve" are used when referring to these structures. Lacrimal comb: lateral eyelids, party sutures: lateral eyelid, part of the suture drainage: edges of the eyelids ophthalmic artery, yak artery artery of the zygomatic branches of
the face of Zukek's face. Foreign central bone The third part of the skin of the eyebrows - Jarznow's ophthalmic artery branch of the facial nerve [CNVII] displaces the skin from the extracting muscle of the medial and inferior fundus, the upper eyelid antagonist of the V-corpus. The upper plate/muller is the lower muscle of Palpebrae upper operca plate. The sympathetic nervous system raises the anal muscles of the upper eye), and the addictors turn the eyeball in the lower branches below 6.5 mm of the earth's limbs [CNII] inhibits and brings. The branch of the block is the naughtiness of the eye [cniv] p to the side rectus, the short flat tendons -eye [CNII] pulls up, raises and prevents the insertion of the eye muscles - N-antagonists of the nerves and the antagonist of the temporary page. Higher severity. The neck of the posterior arterial nerve on the face, nervous neck. CNV3] Tenness T: Panic diaphragm, controls the amplitude of the sound wave on the nasal muscles of the inner ear. Eyes (with the exception of an expression of excitement) Septi are ours. The frontal process of the Nasi Alaeeque Nasi de Superioris of the upper labial artery of the jaw expands the nostril, elevates the upper lip, elevates the wing of the nasal nerve. The buccal branch of the upper labial artery of the facial nerve [cnvii] compresses the nostrils. Initial artery antagonist action for the elevator angui oris (caninus) jaw molus of the oral artery nerve facial facialis [cnvii] raised corner of the mouth (smile) depressor anguli oris (triangularis) depressor anguli oris (triangularis) tuberculo of the mandibular branch [cnvii] lower jaw of the Facar Ramo [cnvii] lowers the corner of the labial mouth or elevator rushed the upper lip upper bound to lower the larynx presses, penetrates and moves towards the lateral insertion of the hyoid bone C3, C4 vertebrae, C5 and C6 are artery C2, C3, C4, C5, C6. By neck and C3 front transverse processes long head front tubers. C4 vertebrae, and C6 occipital bone C1, C2, C3 / C4 in the basic part folded the neck of the rectus capital [CNX] pterygoid plates, ptyygomandibular raph.1 RAF, arteri-anamal, alveolar process laryngeal cartilage and lateral screaming cartilage (a small additive effect) arthoid (transverse and oblique) arianoid cartilage in the upper upper part opposite side larynx from the superior recurrent artery from the superior recurrent artery is the thyroid gland (closed side brown brown (approx. to brown brown brown brown brown nerves from the anterior surface of the thyroid cartilage from the torsion nerve [CNX] (ant) air-titonoid cartilage and opens the Rima Glottidis Loterel CricoIn the direction of the midline and back, thus closing the Rima glottidis base of the clavicle nerve attachment posterior ring arithenoid antagonistic activity base of the lower key bone platialis and thoracic twig fascia, located below the artery [cnvii] stretches the neck skin mass. , sternocleidomastoid head sternum: clavicular manbrum to sternum head, Clavicular part: Medial mastoid process temple, upper occipital artery, urinary artery artery, thyroid artery face is turned to the opposite side. | Suprachoid muscle origin Insertation attachment nerve antagonistic effect of the front effect of Digastric: Digastric Fossa (lower jaw) posterior abdomen: mastoid temporal bone formation middle tendon (small bone horn) anterior abdomen: Facial abdominal abdominal Miloid nerve in the back abdomen: the facial nerve [cnvii] opens the jaw when the massage is released and the temporal largest -time horn of the penis texture "Facial nerve hypoid bone [cnvii] hyoid pupil's milled swallowing during the lower jaw of the lower jaw of the lower jaw of the lower jaw. 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