

Exercises/Warm-ups

Cardiovascular Endurance and Flexibility– (2–3 days a week) – mainly used to strengthen heart and lungs, as well as prevent injuries.

Flexibility Exercises– Quadriceps stretch, straddle, hurdle, knee pull, butterfly, legs straight out, calf stretch, etc.

Cardiovascular Exercises– Running (one mile run), jogging, jumping jacks, squat thrusts, jump rope, swimming, biking, etc.

Muscular Strength and Endurance– (2–3 days a week) – mainly used to increase strength and endurance of the muscles.

Muscular Strength Exercises– Sit-ups, pull-ups, push-ups, knee raises, shoulder press, bicep curls, triceps extensions, squats, shoulder raises, plank, low fives, superman, squat thrusts, etc.

Muscles Used During Exercises

Muscle Strength & Endurance Exercises

Push– Ups.....	Triceps, Pectorals, Deltoids
Sit–Ups.....	Abdominals (Upper)
Knee–Raises.....	Abdominals (Lower)
Pull–Ups.....	Biceps, Latissimus Dorsi, Deltoids
Shoulder Press.....	Deltoids
Bicep Curls.....	Biceps
Triceps Extensions.....	Triceps

Squats.....	Quadriceps
Shoulder Raises.....	Deltoids
Plank.....	Abdominals
Low Fives.....	Abdominals
Superman.....	Core Muscles
Squat Thrusts.....	Abdominals & Quadriceps

Cardiovascular Exercises (develop endurance)

Running, jogging, jumping jacks, squat thrusts, jump rope, swimming,
biking.....Mainly heart muscle (other muscles depending on the exercise)

Flexibility Exercises (all stretches)

Quad Stretch.....	Quadriceps
Hurdlers Stretch.....	Hamstrings, lower back
Straddle Stretch.....	Hamstrings, lower back
Knee Pull.....	Lower Back, Gluteus Maximus
Butterfly.....	Groin (Gracilis)
Legs Straight Out.....	Hamstrings
Calf Stretch.....	Gastrocnemius



Diagram of Muscular System

