



Be Positive



Accomplish

## Major Muscle Groups Listed in Opposing Pairs

\*Train opposing muscle groups to avoid muscle imbalance & risk of injury

Muscle Group	Muscle Group
Quadriceps	Hamstrings
Hip Abductors	Hip Adductors
Pectoralis Major	Posterior Deltoid, Mid-Trapezius, Rhomboids
Anterior & Med Deltoids	Latissimus Dorsi
Biceps	Triceps
Abs	Erector spinae
Subscapularis, Teres Major	Infraspinatus, Teres Minor
Upper Trap	Lower Trap, Pec Minor
Mid Trap, Rhomboids	Pect Minor, Serratus Anterior
Iliopsoas, Rectus Femoris	Gluteus Maximus, Hamstrings
Gluteus Medius	Hip Adductors
Tibialis Anterior	Gastrocnemius, Soleus
Tibialis Anterior, Tibialis Post	Extensor Digitorum Longus, Peroneals

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