

Describing Movements at Joints and Muscles Table**Name:**

Exercises	Major Muscles	Joints involved	Movement produced	Type of Muscle Contraction
Bench press	Pectoralis major, anterior deltoid, triceps brachii	Elbow and shoulder	Elbow extension & medial shoulder rotation and flexion	Pectoralis major contracts eccentrically to put the weight up. As you lower the weight to your chest, pectoralis major, anterior deltoid and triceps brachii are contracting eccentrically
Dumbbell flyes				
Front lat pull downs (not behind head)				
Shoulder press				
Leg curls				
Squats				
Front Plank				

Shoulder shrug				
Triceps extension				
Push-ups				
McGill crunches				
Power clean				
Arm curls				

