

COMPREHENSIVE MUSCLE GROUP CHART

Anatomical Reference & Training Guide

Muscle Group	Primary Muscles
Pectorals	Major, Minor
Deltoids	Anterior, Lateral
Biceps	Brachii, Brachialis
Forearms	Flexors, Brachioradialis
Abdominals	Rectus Abdominis, Obliques

Muscle Group	Primary Muscles
Back (Width)	Latissimus Dorsi
Back (Thickness)	Trapezius, Rhomboids
Shoulders	Rear Deltoids
Arms	Triceps Brachii (3 heads)
Lower Back	Erector Spinae

Muscle Group	Primary Muscles
Quadriceps	Rectus Femoris, Vastus Lateralis
Hamstrings	Biceps Femoris, Semitendinosus
Glutes	Maximus, Medius, Minimus
Calves	Gastrocnemius, Soleus
Hips	Adductors, Abductors

Size**Est. Recovery Time**

Large (Legs/Back)

48 - 72 Hours

Medium (Chest/Shoulders)

48 Hours

Small (Arms/Calves)

24 - 48 Hours

Template for Educational Use Only © Modern Minimalist Series