

# MUSCLE GROUP CHECKLIST

Date: \_\_\_\_\_ | Weight: \_\_\_\_\_

## CHEST & SHOULDERS

Pectorals (Upper/Lower)

Anterior Deltoids (Front)

Lateral Deltoids (Side)

Posterior Deltoids (Rear)

## BACK

Latissimus Dorsi (Lats)

Trapezius (Upper/Mid/Lower)

Rhomboids

Erector Spinae (Lower Back)

## ARMS

Biceps Brachii

Triceps Brachii

Forearms / Brachioradialis

## LEGS

Quadriceps

Hamstrings

Gluteus Maximus

Gastrocnemius (Calves)

Adductors (Inner Thigh)

## CORE

Rectus Abdominis (Abs)

Obliques

Serratus Anterior

## SESSION NOTES

Focus areas, intensity levels, or cardio duration...