

THE BIG 12

<u>Exercise</u>	<u>Directions/Key Words</u>	<u>Muscle</u>
1. Flys	(Laying down) “Hug a tree”	Pectorals (Chest)
2. Chest Press	(Laying down) Press upward	Pectorals
3. Standing Rows	“Starting a lawn mower”	Latissimus Dorsi (Middle Back)
4. Upright Rows	Weights under chin, elbows out	Trapezius (Upper Back)
5. Lateral Raise	Weights to the side	Mid-Deltoids (Middle Shoulder)
6. Shoulder Press	Weights at shoulders, press up	Deltoids (Shoulders)
7. Front Raise	Raise weights in front to shoulder level	Anterior Deltoids (Front of Shoulders)
8. Rear Raise	Knees bent, weight forward, bring weights behind	Posterior Deltoids (Back of Shoulders)
9. Bicep Curls	Bend elbows and bring weights towards your body	Bicep (Front of Arm)
10. Tricep Kickback	Look down, elbow high, swing forearm backwards	Tricep (Back of Arm)
11. Concentrated Curls	Bend knees, do bicep curls	Biceps
12. Tricep Extension	Hold weights overhead, bend elbows so weights drop behind you	Triceps

