

BodySculpt Study guide

You will be asked to identify the following lifts as well as what muscles are **DOMINATELY** being used in the lifts. You will also be asked to identify **YOGA POSES** on the next page.



Exercise: Lunge
Muscles used: Quads, hamstrings, and glutes
PROPER FORM FOR LUNGE:

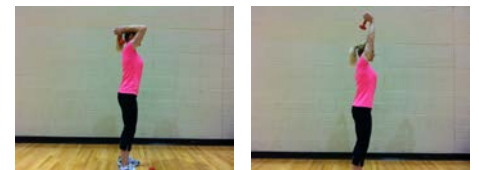
- Back knee lowers to one inch off ground
- Wide stance
- Front knee in line with ankle
- Front knee behind toes



Exercise: Romanian Dead Lift
Muscles Used: Hamstrings



Exercise: Lateral raise
Muscles used: Deltoid



Exercise: Overhead Tricep
Muscles used: triceps



Exercise: Dumbbell Fly
Muscles Used: Pectorals



Exercise: Military Press
Muscles used: deltoids



Exercise: Squat
Muscles used: Quadriceps
Proper form for a squat:

- Feet Shoulder width apart
- Chest Up
- Weight on heels (toes can be lifted)
- Thighs parallel



Exercise: Bent over row
Muscles used: Latissimus Dorsi



Proper form for a plank:

- Shoulders lined up with elbows and wrists
- Pelvis lined up (no butts in air)
- Head in neutral spine position (not looking up or ahead)
- Do not put head down (keep in neutral)



MARTY SCONDUTO

Downward Dog



WWW.YOGATIME.COM

Warrior One



Warrior Two



@JOHN ROBBINS

Warrior Three



DEBRA MCCLINTON

Tree Pose



DAVID MARTINEZ

Plank pose



RORY EARNHAW

Child's pose



MARTIN SCONDUTO

Side Plank pose



MARTIN SCONDUTO

corpse pose



CHRIS ANDRE

chair pose