**Fitness Session 4 Resources**

A list of all the resources used for fitness session 4.

**Books**

Delavier, Frederic (2010). Strength Training Anatomy. Third Edition

Martini, F.H., Ober, W.C., Bartholomew, E.F., Nath, J.l. (2013). Visual Essentials of Anatomy and Physiology.

Wilmore, J.H., Costill, D.L., Kenney, W.L. (2008). Structure and function of exercising muscle. Physiology of Sport and Exercise Fourth Edition. USA Human Kinetics

Biel, Andrew (2010). Trail Guide to the Body.

**Websites**

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<http://www.medicinenet.com/how_muscles_work_and_respond_to_resistance_exercise-page3/views.htm>

<https://www.unm.edu/~lkravitz/Article%20folder/hypertrophy.html>

<http://actionreactionpt.com/balancing-muscle-groups/>

<https://workouttrends.com/arm-muscles-and-workout>

<https://coreem.net/core/biceps-and-triceps-tendon-rupture/>

<https://medical-dictionary.thefreedictionary.com/brachialis>

<https://medical-dictionary.thefreedictionary.com/brachioradialis>

<https://www.jefit.com/exercises/100/Dumbbell-Bicep-Curl>

<http://build-muscle-101.com/tricep-exercises/>

<https://www.jefit.com/exercises/236/Dumbbell-Lying-Supine-Two-Arm-Triceps-Extension>

<https://www.nielasher.com/blogs/video-blog/61769541-trigger-point-therapy-treating-the-wrist-flexor-muscles>

<https://www.jefit.com/exercises/1081/Dumbbell-One-Arm-Seated-Wrist-Curl>

<https://www.jefit.com/exercises/1083/Dumbbell-One-Arm-Seated-Reverse-Wrist-Curl>

<Http://clickmypicture.com/shoulder-muscle-anatomy/shoulder-muscle-anatomy-shoulder-muscle-shoulder-muscles-how-to-improve-function-and-avoid/>

<https://hurnechiropractic.com/resources/posts/muscles/PecMajMin/>

<https://www.yoganatomy.com/trapezius-muscle-yoga-anatomy/>

<https://www.skimble.com/exercises/11876-bent-over-row-to-fly-how-to-do-exercise>

<https://www.womenshealthmag.com/fitness/a20699625/wall-slide/>

<https://weighttraining.guide/exercises/barbell-shrug/>

<http://www.musclesused.com/rhomboid/>

<http://www.musclesused.com/latissimus-dorsi/>

<http://beaufortpersonaltraining.com/beaufort-fitness-shoulder-press/>

<https://darebee.com/workouts/rotator-cuff-workout.html>

<Http://clickmypicture.com/shoulder-muscle-anatomy/shoulder-muscle-anatomy-shoulder-muscle-shoulder-muscles-how-to-improve-function-and-avoid/>

<https://hurnechiropractic.com/resources/posts/muscles/PecMajMin/>

<https://weighttraining.guide/exercises/decline-dumbbell-bench-press/>

<https://hurnechiropractic.com/resources/posts/muscles/PecMajMin/>

<https://weighttraining.guide/exercises/high-cable-cross-over/>

<https://helloconfidence.com/2015/03/20/all-about-that-core/>

<https://www.coachmag.co.uk/exercises/abs-workout/172/instant-six-pack-fix-bench-leg-raises>

<http://www.kingofthegym.com/internal-oblique/>

<http://www.kingofthegym.com/external-oblique/>

<https://blog.paleohacks.com/oblique-exercises/>

<https://www.theguardian.com/lifeandstyle/shortcuts/2017/oct/18/how-to-do-perfect-plank-exercise>

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<http://www.musclesused.com/erector-spinae-2/>

<https://www.setforset.com/blogs/news/13-best-erector-spinae-exercises>

<http://www.stopchasingpain.com/hip-adductor-mojo/>

<https://weighttraining.guide/exercises/bodyweight-sumo-squat/>

<https://deansomerset.com/hip-flexors-arent-tight-theyre-overworked-heres/>

[https://www.healthline.com/health/fitness-exercise/hip-flexor-exercises#takeaway](https://www.healthline.com/health/fitness-exercise/hip-flexor-exercises)

[https://stronglifts.com/deadlift/#gref](https://stronglifts.com/deadlift/)

<https://www.skimble.com/exercises/28713-hip-abduction-with-band-how-to-do-exercise>

<https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3594/muscles-that-move-the-leg>

<https://healthy-topic.com/the-hamstring-muscles-originate-on-the-let-us-know/>

<https://weighttraining.guide/exercises/dumbbell-leg-curl/>

<https://pilatesofcharleston.com/how-to-squat/>

[https://stronglifts.com/squat/#gref](https://stronglifts.com/squat/)

<https://barbellacademy.com/how-to-high-bar-squat-your-guide-to-proper-form/>

<https://theworkoutdigest.com/standing-calf-raises/>

<https://www.wikihow.com/Exercise-Tibialis-Anterior>

<https://rogerwardhealthandfitness.files.wordpress.com/2012/03/graph1rm1.jpg>

**You tube**

Muscle contraction:

<https://www.youtube.com/watch?v=cnAbzz3N0ak>

<https://www.youtube.com/watch?v=onxb-28ZjVg>

<https://www.youtube.com/watch?v=PHTUlwCnCe8>

Origin, insertion, action:

<https://www.youtube.com/watch?v=8WE-bOH2loA>

Shoulder Anatomy:

<https://www.youtube.com/watch?v=D3GVKjeY1FM>

Static oblique hold:

<https://www.youtube.com/watch?v=G_odstU0H6I>

Overview of Muscle System:

<https://www.youtube.com/watch?v=7Ox-NOJMhKo>