



FIT CHICKS ACADEMY® FITNESS & NUTRITION EXPERT

FITNESS LESSON 4: MUSCLES WORKSHEET

ARM EXERCISES

BICEPS CURLS (Video)			
FOUNDATIONAL MOVEMENT PATTERN	Pull		
AGONIST	Biceps		
ANTAGONIST	Triceps		
SYNERGISTS	Brachialis, some wrist flexors/extensors		
PROGRESSIONS	Increase resistance	Slow tempo	Add another movement - curl to press Add and incline
REGRESSIONS	Decrease resistance	Alternating arms	Barbell or ez curl bar

TRICEP EXTENSIONS	
FOUNDATIONAL MOVEMENT PATTERN	Push
AGONIST	Triceps



ANTAGONIST	Biceps		
SYNERGISTS	Rotator cuff, (TrA, erectors)		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Increase ROM - ie. Overhead extensions, Skull crushers
REGRESSIONS	Decrease resistance	Alternating arms - increase rest periods	Change angle of the shoulder - kickbacks isolate the short head of triceps

WRIST CURLS			
FOUNDATIONAL MOVEMENT PATTERN	Pull		
AGONIST	Wrist flexors		
ANTAGONIST	Wrist extensors		
SYNERGISTS	Pronators, supinators, ab/adductors		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Increase ROM - start in lengthened position
REGRESSIONS	Decrease resistance	Alternating arms - increase rest periods	Lower reps/sets

REVERSE WRIST CURLS	
FOUNDATIONAL MOVEMENT PATTERN	Push



AGONIST	Wrist extensors		
ANTAGONIST	Wrist flexors		
SYNERGISTS	Pronators, supinators, ab/adductors		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Increase ROM - start in lengthened position
REGRESSIONS	Decrease resistance	Alternating arms - increase rest periods	Lower reps/sets

BACK & SHOULDER EXERCISES

BARBELL SHRUG			
FOUNDATIONAL MOVEMENT PATTERN	Pull		
AGONIST	Traps		
ANTAGONIST	Lats, Serratus, pec major		
SYNERGISTS	Delts,		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	dumbbells
REGRESSIONS	Decrease resistance	Increase rest between sets	Back supported

SEATED ROW (video - bent over row)



FOUNDATIONAL MOVEMENT PATTERN	Pull		
AGONIST	Back pull muscles - Traps, lats, rhombs, post delts,		
ANTAGONIST	Push muscles - Pecs, ant shoulder,		
SYNERGISTS	Rotator cuff, biceps/triceps		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Single arms, angle of lean
REGRESSIONS	Decrease resistance	Increase rest between sets	Angle of lean

FACE PULLS

FOUNDATIONAL MOVEMENT PATTERN	Pull		
AGONIST	Post delts, rhombs, traps		
ANTAGONIST	Pecs, ant delts		
SYNERGISTS	Biceps, triceps, rotator cuff		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Ext rotation/adding a secondary movement, balance
REGRESSIONS	Decrease resistance	Angle of band	Longer rest, less sets/ reps

BAND PULL PARTS



FOUNDATIONAL MOVEMENT PATTERN	Horizontal Pull		
AGONIST	Rhombs, rear delts		
ANTAGONIST	Pecs, ant shoulders		
SYNERGISTS	Traps, biceps, triceps, rotator cuff		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension, add a pulse,	Supersets, add balance,
REGRESSIONS	Decrease resistance	Seated	Back supported

LAT PULL DOWNS			
FOUNDATIONAL MOVEMENT PATTERN	Vertical Pull		
AGONIST	Lats		
ANTAGONIST	Deltoids/Shoulders, pecs		
SYNERGISTS	Rotator cuff, biceps/triceps		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Change grip, width of hands
REGRESSIONS	Decrease resistance	Increase rest periods	Resistance band, knees/legs pinned down.



CHIN UP			
FOUNDATIONAL MOVEMENT PATTERN	Vertical Pull		
AGONIST	Lats		
ANTAGONIST	Deltoids/Shoulders		
SYNERGISTS	Pecs, traps, biceps, triceps		
PROGRESSIONS	Band assisted	Slow tempo - Increase time under tension	Add resistance
REGRESSIONS	Machine assisted	Holds	Negatives

SHOULDER PRESS			
FOUNDATIONAL MOVEMENT PATTERN	Vertical Push		
AGONIST	Deltoids/Shoulders		
ANTAGONIST	Lats		
SYNERGISTS	Biceps/Triceps, Pecs, Traps, rotator		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Add another movement - curl to press
REGRESSIONS	Decrease resistance	Alternating Arms	Barbell



FRONT RAISE			
FOUNDATIONAL MOVEMENT PATTERN	Push (bc you are working ant shoulders)		
AGONIST	Ant shoulders		
ANTAGONIST	Post shoulders		
SYNERGISTS	Rotator cuff, bicep		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Add balance, second movement ie. alt btw curls and front raise
REGRESSIONS	Decrease resistance	Alternating arms	Barbell/body bar

REAR DELT RAISE			
FOUNDATIONAL MOVEMENT PATTERN	Horizontal Pull		
AGONIST	Rear Deltoids		
ANTAGONIST	Pecs/ant shoulders		
SYNERGISTS	Rotator cuff, traps, Rhomboids		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Add second movement ie. atl btw bent over row & rear delt raise
REGRESSIONS	Decrease resistance	Angle of torso	Alt arms, half support



EXTERNAL ARM ROTATION WITH BAND			
FOUNDATIONAL MOVEMENT PATTERN	Pull		
AGONIST	Shoulder external rotators - infraspinatus, teres,		
ANTAGONIST	Shoulder internal rotators - subscap		
SYNERGISTS	Lats, delts, serratus ant		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	bilaterally
REGRESSIONS	Decrease resistance	Alt arms	

CHEST EXERCISES

CHEST PRESS (video)	
FOUNDATIONAL MOVEMENT PATTERN	Horizontal Push
AGONIST	Pecs/Chest, triceps
ANTAGONIST	Traps/lats (back), biceps
SYNERGISTS	Delts, erectors, TrA



PROGRESSIONS	Increase resistance	Dumbbells	Slow tempo - Increase time under tension
REGRESSIONS	Decrease resistance	Barbells	Change angle

PUSH-UPS			
FOUNDATIONAL MOVEMENT PATTERN	Horizontal Push		
AGONIST	Chest - pecs		
ANTAGONIST	Back - traps, lats		
SYNERGISTS	Shoulders, core		
PROGRESSIONS	Elevated	Toes	Weighted
REGRESSIONS	Quadrapped	Wall	Knees

CORE EXERCISES

CRUNCHES	
FOUNDATIONAL MOVEMENT PATTERN	Pull
AGONIST	Rectus abdominis
ANTAGONIST	Erectors



SYNERGISTS	Hips, hip flexors, QL, core		
PROGRESSIONS	Increase resistance	Slow tempo - Increase time under tension	Change angle, feet off ground, twist, reverse crunch,
REGRESSIONS	Decrease resistance	No angle	Chair, standing

RUSSIAN TWIST			
FOUNDATIONAL MOVEMENT PATTERN	Twist/Rotation		
AGONIST	Obliques, Transverse abdominis,		
ANTAGONIST	Erectors, obliques, QL		
SYNERGISTS	Hip flexors, chest, back		
PROGRESSIONS	Increase resistance	Lift legs	Arms Straight
REGRESSIONS	No weight	Heels Down	Decrease hip angle, support

PLANK (video)	
FOUNDATIONAL MOVEMENT PATTERN	n/a
AGONIST	Transverse abdominis, rectus abdominis, obliques
ANTAGONIST	Erectors, QL



SYNERGISTS	Shoulders, glutes, back, chest		
PROGRESSIONS	Toe plank	Alt leg lift or arm march, shoulder taps	Add SB/unstable surface, opp arm/leg hold, hip dips
REGRESSIONS	Wall plank	Elevated plank, chair	Knee plank

SUPERWOMANS (SUPERMANS)			
FOUNDATIONAL MOVEMENT PATTERN	n/a (movement = pull)		
AGONIST	Erectors, glutes,		
ANTAGONIST	Rectus abdominis, hip flexors		
SYNERGISTS	Quads, hamstrings,		
PROGRESSIONS	Arm/leg lift together	arm/leg lift + Hold	Add weight to hands
REGRESSIONS	Alternating arm lift	Alternating arm/leg lift	Arm lift with alt leg lift

HIP AND LOWER BODY EXERCISES

SQUATS (video)	
FOUNDATIONAL MOVEMENT PATTERN	Squat



AGONIST	Quads, glutes		
ANTAGONIST	Hamstrings		
SYNERGISTS	Hip flexors, adductors, core, erectors		
PROGRESSIONS	Add resistance	Slow tempo - Increase time under tension, pulse, hold	Add another movement - squat to press, front loaded vs back, wall balls,
REGRESSIONS	Wall sit (Add support), chair, bench, trx, leg press, SB	Sit to stand, elevate heels	Body weight

LEG RAISES - SIDE LYING ABDUCTION

FOUNDATIONAL MOVEMENT PATTERN	Lower body push		
AGONIST	Hip abductors - glute med, glute min, TFL		
ANTAGONIST	Hip adductors		
SYNERGISTS	Piriformis, sartorius, glute max, core		
PROGRESSIONS	Band around knees	Band around ankles	Slow tempo Standing to add balance/stability element
REGRESSIONS	Band above knees	Increase rest between reps	Decrease resistance of band

DEADLIFTS (video)



FOUNDATIONAL MOVEMENT PATTERN	Hinge/hip dominant		
AGONIST	Glutes/Hamstrings		
ANTAGONIST	Quads, hip flexors		
SYNERGISTS	Erectors, leg adductors, core		
PROGRESSIONS	Increase weight/resistance	Slow tempo - Increase time under tension	Barbell, single leg RDL, good morning, decrease level of support, resistance band, hand position, stance,
REGRESSIONS	Decrease ROM ie rack pull	decrease resistance	split stance

LATERAL STEP UPS			
FOUNDATIONAL MOVEMENT PATTERN	Single Leg		
AGONIST	Quads		
ANTAGONIST	Hamstrings		
SYNERGISTS	Glutes, adductors		
PROGRESSIONS	Increase height of step	Slow tempo - Increase time under tension	Add a secondary movement - knee up, press, twist, etc
REGRESSIONS	Lower height of step	Holding wall for support	Eccentrics - step down single leg



STABILITY BALL LEG CURLS			
FOUNDATIONAL MOVEMENT PATTERN	Pull		
AGONIST	Hamstrings		
ANTAGONIST	Quads		
SYNERGISTS	Glutes, adductors		
PROGRESSIONS	Hands in the air	Slow tempo - Increase time under tension	Single Leg Band around the knees
REGRESSIONS	Hands on the floor	Drop hips to ground between each rep	Eccentric - Curl legs in with hips rested on ground, lift hips, slowly straighten legs, drop hips and repeat

SPLIT SQUATS/STATIONARY LUNGE (video)			
FOUNDATIONAL MOVEMENT PATTERN	Lunge		
AGONIST	Quads		
ANTAGONIST	Hamstrings		
SYNERGISTS	Glutes, adductors, calves		
PROGRESSIONS	Bulgarian split squat, rear foot elevated, front foot elevated, stance,	Slow tempo - Increase time under tension, pulse, decreasing stability,	Barbell, plyos, add a secondary movement



REGRESSIONS	Body weight, supported	Stance,	Reverse lunge, trx
--------------------	------------------------	---------	--------------------

CALF RAISES			
FOUNDATIONAL MOVEMENT PATTERN	Push		
AGONIST	Gastroc, Soleus		
ANTAGONIST	Tib ant		
SYNERGISTS	Peroneals, tib post (ankle & foot stabilizers), Hamstrings		
PROGRESSIONS	Add Weight	Slow tempo - Increase time under tension	Single Leg
REGRESSIONS	Flat ground	Increase ROM - toes elevated	Up on both legs, down on one

Want more practice? Highlight the table below -> ctrl c to make a copy -> ctrl v to paste -> write in another exercise and fill out the table!

FOUNDATIONAL MOVEMENT PATTERN	
AGONIST	
ANTAGONIST	
SYNERGISTS	



PROGRESSIONS			
REGRESSIONS			