Activity 3 – Match the machine

Try to correctly identify the: i) resistance training movement patterns, and ii) muscle groups that would correspond with the types of exercises performed on each of the following pieces of outdoor exercise equipment. Write your answers in the space provided, and refer to the list of movement patterns and muscle groups on the next page.

Equipment	Muscle group(s)	Movement pattern(s)
Chest press machine		
Parallel bars		
Chin-up bar		
Leg press machine		

Abdominal bench		

List of resistance training movement patters

- Lower body bilateral
- Lower body unilateral
- Upper body push
- Upper body pull
- Core flexion

List of muscle groups

- Chest (pectoralis)
- Back (latissimus, trapezius)
- Shoulders (deltoids)
- Upper arms (biceps or triceps)
- Forearms
- Abdominals

- Backside (gluteal)
- Upper legs (quadriceps or hamstrings)
- Lower legs (calves)