

MUSCLE REMINDER SHEET

ANATOMY · BEST EXERCISES · RECOVERY

Every muscle: what it does, its best exercises, how to bias it — and how long it needs to recover

MUSCLE GROUP	RECOVERY AFTER A HARD SESSION	TRAIN	GROWS ON
Chest	48–72 h	2x/wk	Load-first
Shoulders	front 48 h · side/rear 24–48 h	side/rear 2–4x/wk	Volume-hungry
Back	lats 48–72 h · erectors 72–96 h	2x/wk	Load-first
Biceps & Forearms	24–48 h	2–3x/wk	Volume-hungry
Triceps	24–48 h	2–3x/wk	Volume-hungry
Core	24–48 h	2–3x/wk	Volume-hungry
Quads	48–72 h	2x/wk	Load-first
Hamstrings	48–72 h (96 h after heavy RDLs)	2x/wk	Heavy + volume
Glutes & Adductors	48–72 h	2x/wk	Load-first
Calves & Tibialis	24–48 h	3–4x/wk	Volume-hungry
Neck	24–48 h	2–3x/wk	For health

The universal rule: pick a rep range → add reps weekly → top of range on ALL sets → add weight (+2.5 kg / one pin), restart at the bottom. Lagging after months? Add a set, not weight. Recovery = time before the next *hard* session for that muscle; light work sooner is fine.

CHEST.

🕒 Recovery 48–72 h

2x/week · 10–16 sets

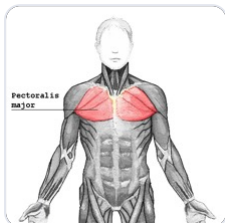
🦋 Load-first — grows on weight

Fitness



🏆 BEST OVERALL BENCH PRESS

barbell or dumbbell — add incline if upper chest is a priority



PEC MAJOR — CLAVICULAR (UPPER)

FUNCTION

Shoulder flexion, horizontal adduction, internal rotation

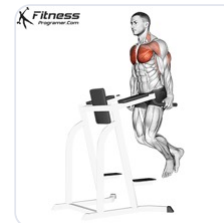
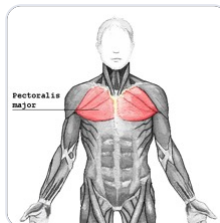
BEST EXERCISES

Incline bench press, low-to-high cable fly, incline DB press, incline machine press

HOW TO BIAS IT

Incline pressing at 15–30° — steeper turns into shoulders

CUE — press up and slightly inward; arms finish over the collarbones.



PEC MAJOR — STERNOCOSTAL (MID/LOWER)

FUNCTION

Horizontal adduction, shoulder adduction, internal rotation, extension from a flexed position

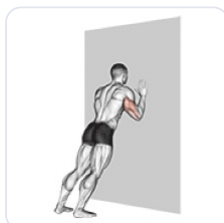
BEST EXERCISES

Flat bench press, machine chest press, dips, push-ups, cable fly, pec deck

HOW TO BIAS IT

Flat & slight-decline pressing, dips with a forward lean

CUE — squeeze the arms ACROSS the body, don't just push away.



PEC MINOR (DEEP)

FUNCTION

Scapular depression, downward rotation, protraction / anterior tilt

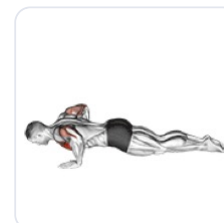
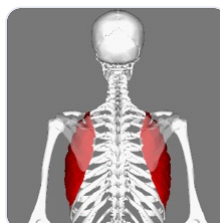
BEST EXERCISES

Not isolated — matters for posture & shoulder mechanics; stretch it (doorway stretch)

HOW TO BIAS IT

Push-up plus & scapular control work — don't chase it with weight

CUE — shoulders down and back before every pressing set.



SERRATUS ANTERIOR (RIBS)

FUNCTION

Scapular protraction & upward rotation (visible near ribs)

BEST EXERCISES

Scapular push-ups, push-up plus, landmine press, overhead pressing

HOW TO BIAS IT

The "+1" at the top of a push-up — elbows locked, push the floor away

CUE — "punch long": reach the fist as far as possible at lockout.

HOW TO TRAIN 10–16 sets/week · presses 6–12 reps · flies 10–15 reps · one press + one fly + one incline

SHOULDERS.

🕒 Front 48 h · side/rear 24–48 h

side & rear 2–4x/week

🔥 Volume-hungry — grows on reps & sets

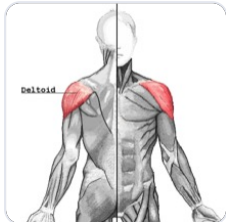
Fitness
Programmer Card



🏆 BEST OVERALL

OVERHEAD PRESS

plus lateral raises — the crown for visible width



ANTERIOR DELTOID (FRONT)

FUNCTION

Shoulder flexion, horizontal adduction, internal rotation

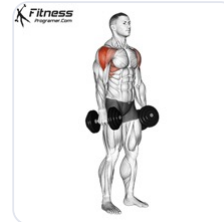
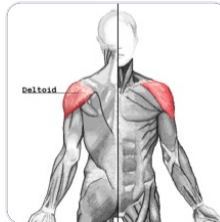
BEST EXERCISES

Overhead press, front raise, incline press

HOW TO BIAS IT

All pressing trains it — most lifters need no extra front raises

CUE — press, don't shrug — the traps stay quiet.



LATERAL DELTOID (SIDE)

FUNCTION

Shoulder abduction

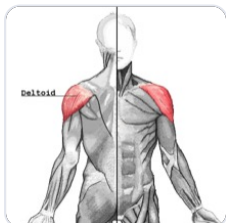
BEST EXERCISES

Lateral raise (DB, cable, machine), upright row

HOW TO BIAS IT

Cables keep tension at the bottom; lean slightly away

CUE — lead with the elbows — raise, don't swing.



POSTERIOR DELTOID (REAR)

FUNCTION

Shoulder extension, horizontal abduction, assists external rotation

BEST EXERCISES

Reverse pec deck, rear delt fly, face pull, wide-grip rows

HOW TO BIAS IT

High reps, zero swing — small muscle, recovers fast

CUE — pull APART, don't row.



ROTATOR CUFF (4 MUSCLES)

FUNCTION

Supraspinatus starts abduction · infraspinatus + teres minor rotate out · subscapularis rotates in

BEST EXERCISES

Cable / side-lying external rotations, face pulls, scapular-plane raises

HOW TO BIAS IT

Two light sets twice a week buys years of heavy pressing

CUE — elbow pinned to the side — rotate, don't pull.

HOW TO TRAIN side delts 15–20+ sets/week at 12–20 reps · rear delts 15–20 reps · front delts come free with pressing

BACK. 1/2

🕒 Lats 48–72 h · erectors 72–96 h

2x/week · 12–18 sets

🦾 Load-first — grows on weight

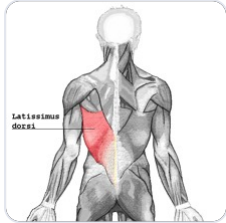
Fitness



🏆 BEST OVERALL

PULL-UP / PULLDOWN

width — pair with a chest-supported row for thickness



LATISSIMUS DORSI (WIDTH)

FUNCTION

Shoulder extension, adduction, internal rotation

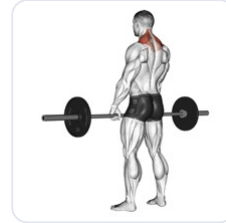
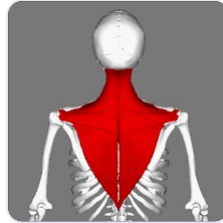
BEST EXERCISES

Pull-ups, chin-ups, pulldowns, pullovers, elbows-tucked rows

HOW TO BIAS IT

Elbows close to the sides, pull to the hips, full stretch at the top

CUE — elbows into the back pockets.



UPPER TRAPS (ELEVATION)

FUNCTION

Scapular elevation + upward rotation (assists overhead work)

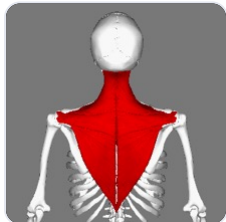
BEST EXERCISES

Shrugs, farmer carries, high pulls, rows

HOW TO BIAS IT

Heavy carries count; shrug with a slight forward lean

CUE — straight up, 1-s hold — no rolling.



MIDDLE TRAPS (RETRACTION)

FUNCTION

Scapular retraction

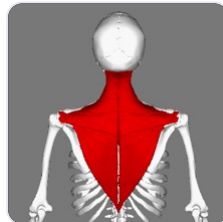
BEST EXERCISES

Chest-supported rows, Kelso shrugs, cable rows, seal rows

HOW TO BIAS IT

Chest support kills momentum — all squeeze, no swing

CUE — pinch the blades together, hold 1 s.



LOWER TRAPS (DEPRESSION)

FUNCTION

Scapular depression, upward rotation, posterior tilt

BEST EXERCISES

Prone Y-raises, trap-3 raises, straight-arm pulldowns, scapular pull-ups

HOW TO BIAS IT

Light and strict — position work, not ego work

CUE — reach long, then sweep down.

HOW TO TRAIN 12–18 sets/week · one vertical pull + one horizontal row · elbows tucked = lats, elbows flared = upper back

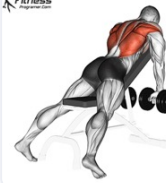
BACK. 2/2

🕒 Lats 48–72 h · erectors 72–96 h

2x/week · 12–18 sets

🏋️ Load-first — grows on weight

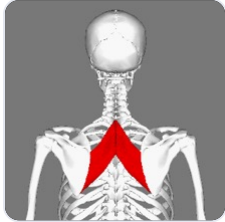
Fitness



🏆 BEST OVERALL

CHEST-SUPPORTED ROW

thickness — momentum-free rowing for the whole mid-back



RHOMBOIDS (+ LEVATOR SCAP)

FUNCTION

Scapular retraction & downward rotation

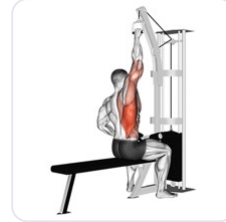
BEST EXERCISES

Rows, chest-supported rows, cable rows

HOW TO BIAS IT

Come along free with every rowing movement — no isolation needed

CUE — pinch a pencil between the shoulder blades.



TERES MAJOR ("LITTLE LAT")

FUNCTION

Shoulder adduction, extension, internal rotation

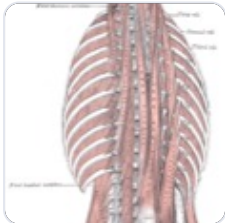
BEST EXERCISES

Pulldowns, pull-ups, pullovers

HOW TO BIAS IT

Trained automatically with all lat work

CUE — same as the lats — it joins every pull.



SPINAL ERECTORS (SPINE)

FUNCTION

Spinal extension & anti-flexion

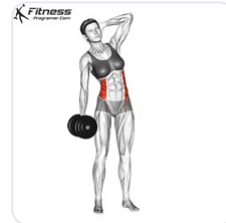
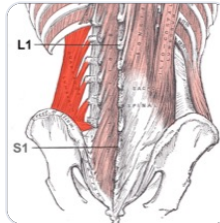
BEST EXERCISES

Deadlifts, RDLs, back extensions

HOW TO BIAS IT

Slowest recovery in the back — heavy hinges twice a week max

CUE — proud chest, hips back, spine long.



QUADRATUS LUMBORUM (DEEP CORE)

FUNCTION

Lateral trunk flexion, spinal stability

BEST EXERCISES

Suitcase carries, side planks

HOW TO BIAS IT

One heavy one-sided carry per week covers it

CUE — stay perfectly tall — don't lean into the weight.

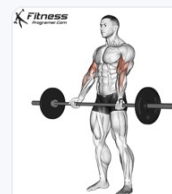
HOW TO TRAIN erectors love low reps and long rest · QL and rhomboids need no direct volume if you row and carry

BICEPS & FOREARMS.

🕒 Recovery 24–48 h

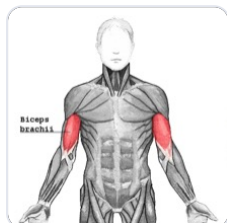
2–3x/week · 10–15 sets

🔥 Volume-hungry — grows on reps & sets



BEST OVERALL BARBELL / EZ CURL

plus hammer curls for the muscles underneath



BICEPS BRACHII (TWO HEADS)

FUNCTION

Elbow flexion, forearm supination, assists shoulder flexion

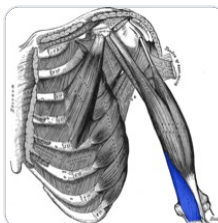
BEST EXERCISES

Barbell, DB, preacher, cable & incline curls

HOW TO BIAS IT

Incline curls stretch the long head · preacher biases the short head

CUE — elbows pinned — turn the pinky up at the top.



BRACHIALIS (UNDER BICEPS)

FUNCTION

Pure elbow flexion — pushes the biceps up from below

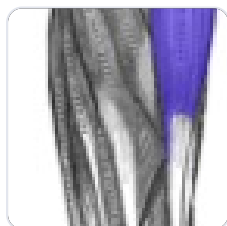
BEST EXERCISES

Hammer curls, neutral-grip curls, cross-body curls

HOW TO BIAS IT

Neutral grip + slow eccentrics

CUE — 3 seconds down, every rep.



BRACHIORADIALIS (FOREARM TOP)

FUNCTION

Elbow flexion — strongest with neutral / pronated grip

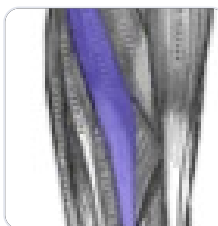
BEST EXERCISES

Reverse curls, hammer curls

HOW TO BIAS IT

Reverse grip shifts the work off the biceps entirely

CUE — knuckles up, wrist dead straight.



FOREARMS & GRIP (FLEXORS · EXTENSORS)

FUNCTION

Wrist flexion / extension, rotation, crushing grip

BEST EXERCISES

Wrist curls, reverse wrist curls, farmer carries, dead hangs, thick-bar holds

HOW TO BIAS IT

Heavy pulls + carries build most of it — wrist work is the topping

CUE — crush the bar on every pulling set.

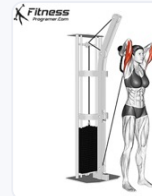
HOW TO TRAIN biceps 10–15 sets/week at 8–15 reps · forearms grow from carries and reverse curls, not wrist curls alone

TRICEPS.

🕒 Recovery 24–48 h

2–3x/week · 10–14 sets

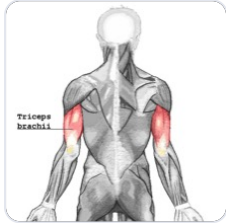
🔥 Volume-hungry — grows on reps & sets



🏆 BEST OVERALL

OVERHEAD EXTENSION

the long head only fully stretches overhead — never skip it



LONG HEAD (CROSSES SHOULDER)

FUNCTION

Elbow extension + assists shoulder extension

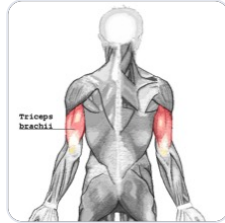
BEST EXERCISES

Overhead cable extensions, skull crushers, behind-body pushdowns

HOW TO BIAS IT

Only fully stretched overhead — that slot is non-negotiable

CUE — reach the elbows to the ceiling.



LATERAL HEAD (THE HORSESHOE)

FUNCTION

Elbow extension — the visible outer sweep

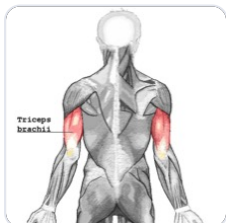
BEST EXERCISES

Pushdowns, close-grip bench, dips

HOW TO BIAS IT

Heavy pressing + strict pushdowns

CUE — pin the elbows, snap to full lockout.



MEDIAL HEAD (DEEP)

FUNCTION

Elbow extension — works in every extension movement

BEST EXERCISES

All pressing and extension work

HOW TO BIAS IT

Takes care of itself if you lock out honestly

CUE — full lockout every rep — no half reps.



THE 3-SLOT SETUP (PROGRAM)

FUNCTION

Cover all three heads in one session

BEST EXERCISES

Close-grip bench or dips · one overhead extension · one pushdown

HOW TO BIAS IT

Order: heavy press → overhead stretch → pushdown pump

CUE — quality lockouts beat heavier weight.

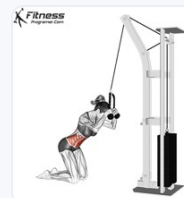
HOW TO TRAIN 10–14 sets/week at 8–15 reps · one press or dip + one overhead + one pushdown

CORE.

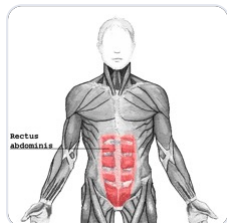
🕒 Recovery 24–48 h

2–3x/week

🔥 Volume-hungry — train it weighted



🏆 **BEST OVERALL**
CABLE CRUNCH
plus one carry or anti-rotation movement per week



RECTUS ABDOMINIS (SIX-PACK)

FUNCTION

Spinal flexion, posterior pelvic tilt

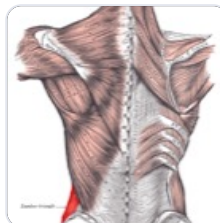
BEST EXERCISES

Cable crunch, machine crunch, decline crunch, hanging leg raise with pelvic curl

HOW TO BIAS IT

Weighted, 10–15 reps, progressed like any muscle

CUE — ribs to hips — curl the spine, don't fold at the hips.



OBLIQUES (SIDES)

FUNCTION

Trunk rotation, lateral flexion, anti-rotation

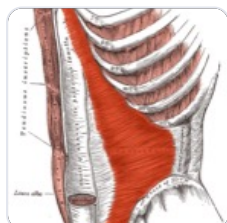
BEST EXERCISES

Cable chops, Russian twists, side planks, Pallof press

HOW TO BIAS IT

Slow rotation plus anti-rotation holds

CUE — rotate the trunk — the hips stay square.



TRANSVERSE ABDOMINIS (DEEP BRACE)

FUNCTION

Deep bracing & abdominal compression

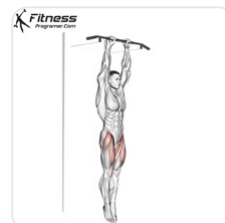
BEST EXERCISES

Vacuums, dead bugs, planks, loaded carries

HOW TO BIAS IT

Hard bracing on the big lifts trains it every session

CUE — belly button to spine — and keep breathing.



HIP FLEXORS (ILOPSOAS · TFL)

FUNCTION

Hip flexion — the workhorse in every leg raise

BEST EXERCISES

Hanging leg raises, mountain climbers

HOW TO BIAS IT

A posterior pelvic tilt at the top turns leg raises into ab work

CUE — curl the pelvis, don't just swing the legs.

HOW TO TRAIN cover all four jobs: flexion · anti-extension (plank) · rotation + anti-rotation · anti-lateral (carries)

QUADS.

⌚ Recovery 48–72 h

2x/week · 10–14 sets

🏋️ Load-first — grows on weight



🏆 BEST OVERALL

SQUAT PATTERN

squat / hack squat / leg press — plus leg extensions



RECTUS FEMORIS (2-JOINT)

FUNCTION

Knee extension AND hip flexion (crosses both joints)

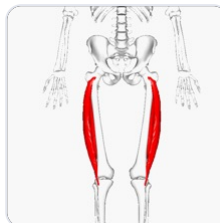
BEST EXERCISES

Leg extension — the cleanest direct trainer

HOW TO BIAS IT

Less emphasized in squats (not inactive) — extensions finish the job

CUE — pause 1 s at the top of every rep.



VASTUS LATERALIS (OUTER SWEEP)

FUNCTION

Knee extension

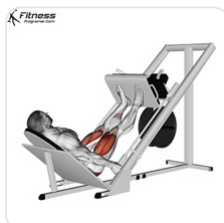
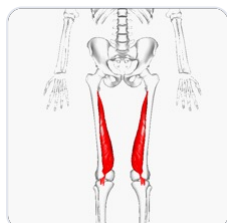
BEST EXERCISES

Squats, hack squats, leg presses, lunges

HOW TO BIAS IT

Deep squatting, moderate stance

CUE — knees track over the toes.



VASTUS MEDIALIS + INTERMEDIUS

(TEARDROP)

FUNCTION

Knee extension; medialis guides the kneecap

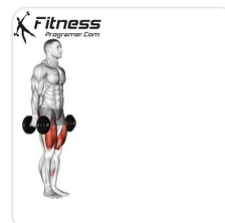
BEST EXERCISES

Full-depth squats, split squats, leg presses

HOW TO BIAS IT

Own the bottom third of the range

CUE — 2-s descent, no bounce out of the hole.



SARTORIUS & TFL (HELPERS)

FUNCTION

Hip flexion / abduction / rotation assist; sartorius flexes the knee

BEST EXERCISES

Not isolated — lunging patterns cover them

HOW TO BIAS IT

They ride along with every lunge and step-up

CUE — long steps, tall chest — just move well.

HOW TO TRAIN 10–14 sets/week · heavy pattern 6–10 reps + extensions 10–15 · one squat/press + one lunge + one extension

HAMSTRINGS.

⌚ 48–72 h · up to 96 h after heavy RDLs

2x/week · 8–12 sets

🏋️ Heavy + volume — wants both

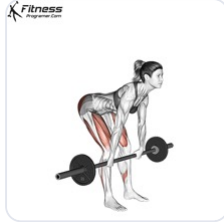
Fitness



🏆 BEST OVERALL

RDL + SEATED CURL

one hinge + one curl at long muscle length



BICEPS FEMORIS — LONG HEAD (HINGE)

FUNCTION

Hip extension + knee flexion

BEST EXERCISES

RDLs, seated leg curls, Nordic curls, back extensions

HOW TO BIAS IT

Hinges load it hardest in the stretch

CUE — push the hips back until the hams load like springs.



BICEPS FEMORIS — SHORT HEAD (KNEE ONLY)

FUNCTION

Knee flexion only — does not cross the hip

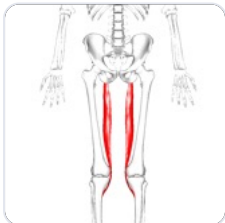
BEST EXERCISES

Lying / seated leg curls

HOW TO BIAS IT

Hinges skip it entirely — only curls train it

CUE — 3-s lowering, toes relaxed.



SEMITENDINOSUS (INNER)

FUNCTION

Hip extension, knee flexion, tibial internal rotation

BEST EXERCISES

Leg curls, RDLs, Nordic curls

HOW TO BIAS IT

An eccentric monster — Nordics build it fast

CUE — fight the drop for as long as possible.



SEMIMEMBRANOSUS (INNER · DEEP)

FUNCTION

Hip extension, knee flexion, tibial internal rotation

BEST EXERCISES

Seated curls, RDLs, back extensions

HOW TO BIAS IT

Seated curls at long muscle length = the best pure hypertrophy pick

CUE — full stretch at the start of every rep.

HOW TO TRAIN 8–12 sets/week · hinge 6–10 reps + curls 10–15 · seated curls beat lying for growth (longer muscle length)

GLUTES & ADDUCTORS.

🕒 Recovery 48–72 h

2x/week

🏋️ Load-first — grows on weight

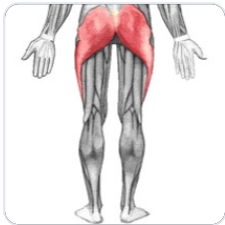
K Fitness



🏆 BEST OVERALL

HIP THRUST

plus deep squats —
adductor magnus is half
your thigh



GLUTEUS MAXIMUS (POWER)

FUNCTION

Hip extension, external rotation

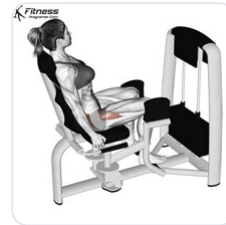
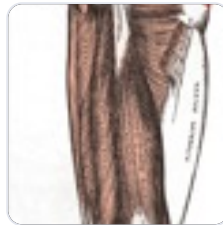
BEST EXERCISES

Hip thrusts, RDLs, squats, lunges, Bulgarian split squats

HOW TO BIAS IT

Lock out hard on thrusts + go deep on squats

CUE — squeeze 2 s at the top, ribs down.



GLUTEUS MEDIUS & MINIMUS (STABILITY)

FUNCTION

Hip abduction, pelvic stability

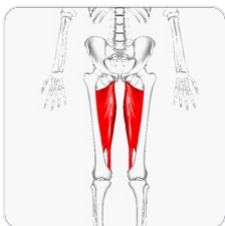
BEST EXERCISES

Abduction machine, cable abductions, lateral band walks

HOW TO BIAS IT

Pause reps — they stabilize every single-leg step you take

CUE — lead with the heel, keep the pelvis level.



ADDUCTOR MAGNUS (INNER THIGH)

FUNCTION

Hip adduction; posterior fibers are a major hip extensor

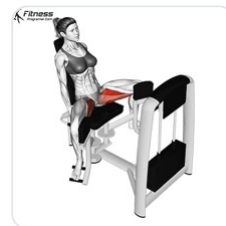
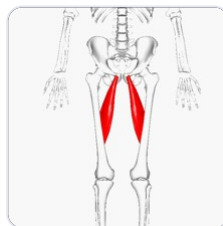
BEST EXERCISES

Deep squats, wide-stance leg press, sumo deadlifts

HOW TO BIAS IT

A big chunk of thigh mass — deep + wide-stance work does it

CUE — knees out — sit between the legs.



ADDUCTOR LONGUS & BREVIS (INNER THIGH)

FUNCTION

Hip adduction + flexion assistance

BEST EXERCISES

Adductor machine, Copenhagen planks

HOW TO BIAS IT

Machine through the full range, slow

CUE — control the stretch — never bounce.

HOW TO TRAIN glutes get heavy work from squats, RDLs & lunges — add thrusts/abduction only if they lag

CALVES & TIBIALIS.

🕒 Recovery 24–48 h

3–4x/week · 15–20 sets

🔥 Volume-hungry — grows on reps & sets

Fitness
Anatomical Diagrams



🏆 BEST OVERALL

STANDING + SEATED

knee position is the selector:
straight = gastroc, bent = soleus



GASTROCNEMIUS (STRAIGHT KNEE)

FUNCTION

Plantar flexion + assists knee flexion (crosses the knee)

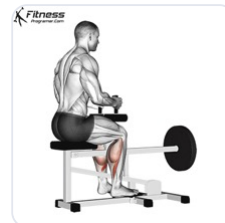
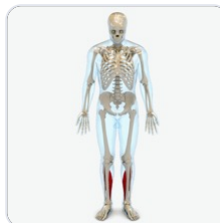
BEST EXERCISES

Standing calf raises, straight-leg calf press

HOW TO BIAS IT

Straight knee, full stretch — the stretch is where growth lives

CUE — 2-s pause at the bottom, no bouncing.



SOLEUS (BENT KNEE)

FUNCTION

Plantar flexion — most of the calf's actual volume

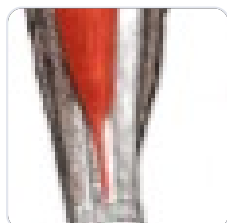
BEST EXERCISES

Seated / bent-knee calf raises

HOW TO BIAS IT

Bent knee shuts off the gastroc and isolates it — go high rep

CUE — slow up, slower down.



TIBIALIS ANTERIOR (SHIN)

FUNCTION

Dorsiflexion — the front of the shin

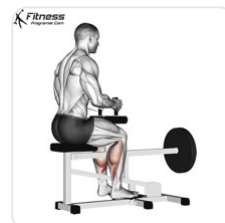
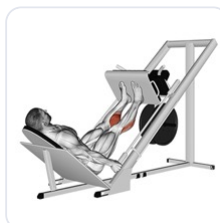
BEST EXERCISES

Tibialis raises (lean on a wall, lift the toes)

HOW TO BIAS IT

Bulletproofs ankles and knees — 15–20 reps

CUE — pull the toes to the shins, pause at the top.



THE SETUP (PROGRAM)

FUNCTION

Cover both calf muscles + the shin

BEST EXERCISES

Standing raise (gastroc) · seated raise (soleus) · optional tibialis raises

HOW TO BIAS IT

12–20 reps on everything, full range, every session ends at the stretch

CUE — a full stretch beats a heavier load.

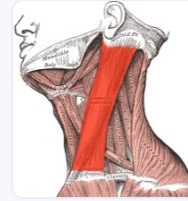
HOW TO TRAIN 15–20 sets/week at 12–20 reps · calves recover fast — train them nearly every session

NECK.

⌚ Recovery 24–48 h

2–3x/week · start VERY light

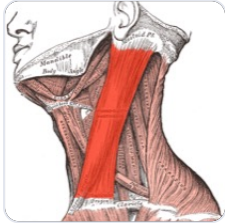
🛡️ Train for health & looks



🏆 BEST OVERALL

FLEXION + EXTENSION

high reps, tiny loads, patient progress — it responds fast



STERNOCLEIDOMASTOID (FRONT)

FUNCTION

Neck flexion, lateral flexion, contralateral rotation

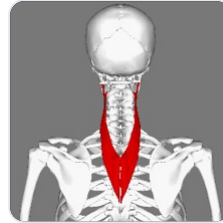
BEST EXERCISES

Neck flexion raises, side flexion, controlled rotation

HOW TO BIAS IT

Lying face-up, nod a light plate — 15–20 slow reps

CUE — chin tuck first, then nod.



SPLЕНИUS CAPITIS & CERVICIS (BACK)

FUNCTION

Neck extension & rotation

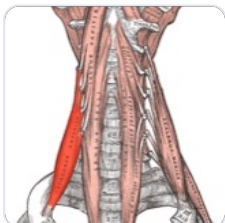
BEST EXERCISES

Neck extensions (plate or band)

HOW TO BIAS IT

Face-down on a bench, small range, slow

CUE — push the back of the head long, not just up.



SCALENES (SIDES)

FUNCTION

Lateral flexion, breathing assistance, stabilization

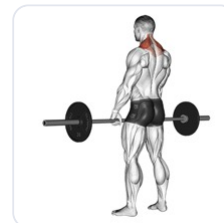
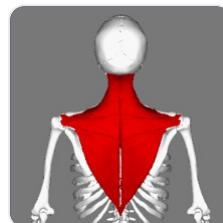
BEST EXERCISES

Side flexion, isometric holds

HOW TO BIAS IT

Isometrics are the safest start

CUE — ear toward shoulder — tiny, slow range.



SUPPORT SYSTEM — UPPER TRAPS

(BASE)

FUNCTION

Neck support, scapular elevation

BEST EXERCISES

Shrugs, farmer carries

HOW TO BIAS IT

Already covered on back day — a thick neck needs thick traps

CUE — shoulders to ears, 1-s hold.

HOW TO TRAIN flexion + extension + side flexion · 15–20 reps · if anything hurts, stop — the neck forgives nothing