



# INSPIRE ONE WELLNESS

*simple. whole. health.*

## Major Muscle Groups Listed in Opposing Pairs

\*Training opposing muscle groups to avoid muscle imbalance & risk of injury

Muscle Group	Muscle Group
Quadriceps	Hamstrings
Hip Abductors	Hip Adductors
Pectoralis Major	Posterior Deltoid, Mid-Trapezius, Rhomboids
Anterior & Medial Deltoids	Latissimus Dorsi
Abdominals	Erector Spinae
Subscapularis, Teres Major	Infraspinatus, Teres Minor
Upper Trapezius	Lower Trapezius, Pec Minor
Mid Trapezius, Rhomboids	Pec Minor, Serratus Anterior
Iliopsoas, Rectus Femoris	Gluteus Maximus, Hamstrings
Gluteus Medius	Hip Adductors
Tibialis Anterior	Gastrocnemius, Soleus
Tibialis Anterior, Tibialis Posterior	Extensor Digitorum Longus, Peroneals

