

Learning experiences 1 (personal training)



**ASSIGN
BUSTER**

Learning Experiences Personal Training) Affiliation Learning Experiences Personal Training) One of the vital muscles located in the body is the Pectoralis Major. It originates from the anterior surface of the clavicle and anterior surface of the costal cartilage of the ribs. Its insertion is the groove of the humerus. It has intended action of internal rotation and extension while exercise is the bench press. The second involves Latissimus Dorsi. It originates from ileum and sacrum. Its insertion is medial side of the inter-tubular groove of humerus. Intended action is adduction and rotation, and lat pull-downs as exercise. Third is Triceps Brachii, originates from scapula. Its insertion is olecranon process of ulna. Intended action is long head, and exercise is skull crushers. Fourth is Biceps Brachii. Origin is scapula. Its insertion is tuberosity of radius and bicipital aponeurosis. Intended action is flexion of elbow and dumbbell biceps curl as exercise. Fifth is Anterior Deltoid, with the origin as anterior lateral third of the clavicle. Insertion is deltoid tuberosity on lateral humerus, intended action is abduction and flexion and exercise is dumbbell anterior deltoid raise. Sixth is Medial Deltoid. Origin is scapula, insertion is deltoid tuberosity on lateral humerus, intended action is abduction of the shoulder joint, and exercise is dumbbell lateral raise. Seventh is Posterior Deltoid with the origin as scapula, insertion is deltoid tuberosity on lateral humerus, intended action is abduction, extension and rotation while exercise is dumbbell posterior deltoid raise (Alcamo & Bergdahl, 2003, p. 68).

The eighth muscle is Trapezius, origin is the base of skull, insertion is the base of the scapular spine, intended action is elevation and depression, exercise is barbell shrugs. The ninth is Rectus Abdominis, origin is superior surface of pubis, insertion is costal cartilages, and intended action is

<https://assignbuster.com/learning-experiences-1-personal-training/>

depresses ribs, and exercise is crunches. Tenth is the External Oblique, origin is ribs, insertion is linear alba and iliac crest, intended action is flexes and depresses ribs, exercise is standing side twists. Eleventh is Gluteus Maximus, origin is ilium and sacrum, insertion is the oblique ridge of the greater trochanter, intended action is the extension and rotation of hip, exercise is standing. Twelfth muscle involves Rectus Femoris, origin is anterior iliac spine of the illeum, insertion is patella, intended action is the flexion of hip, and exercise is leg extensions. The thirteen is the Biceps Femoris, origin is ischial tuberosity, insertion is lateral condoyle of tibia, intended action is flexion of the knee, and extension of hip, exercise is leg curls. The fourteenth is Gastrocnemius, origin is femoral condoyle, insertion is heel bone, extended action is the flexion of the knee, and exercise is standing. The last muscle is Soleus, origin is proximal fibula, insertion is heel bone, intended action is planter flexion of the ankle, and exercise is the seated calf raises (Tozeren, 2000, p. 28).

References:

Alcamo, I. E., & Bergdahl, J. (2003). Anatomy coloring workbook. New York: Random House.

Starr, C., & McMillan, B. (2012). Human biology. Belmont, CA: Brooks/Cole Cengager Learning.

Tozeren, A. (2000). Human body dynamics: Classical mechanics and human movement. New York [u. a.: Springer.