

Vücut Geliştirme

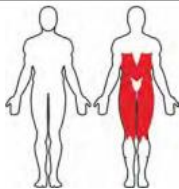
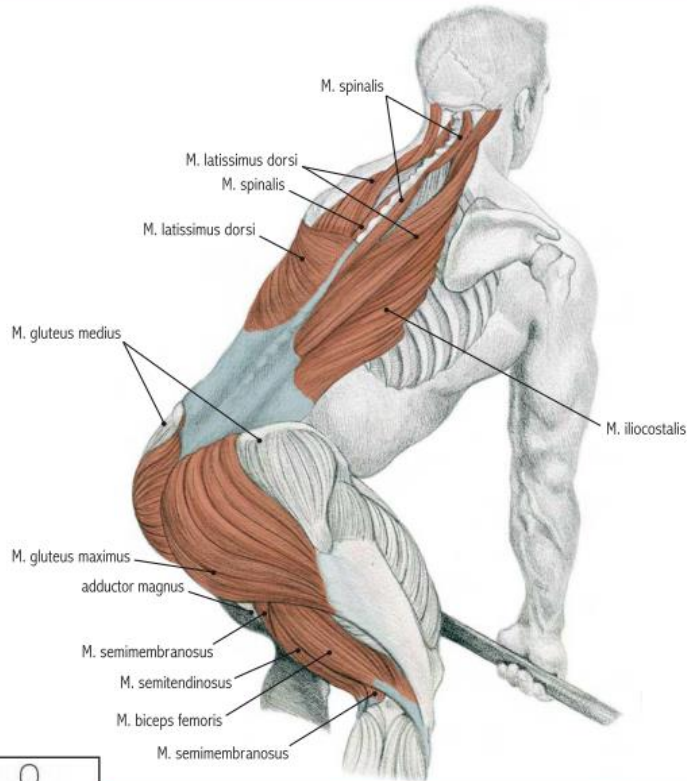
Diğer Hareketler

Spor Bilimleri Anabilim Dalı

Diğer Hareketler

Lower Back,
Free Weights

DEADLIFT



Muscles involved

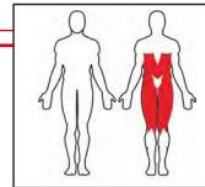
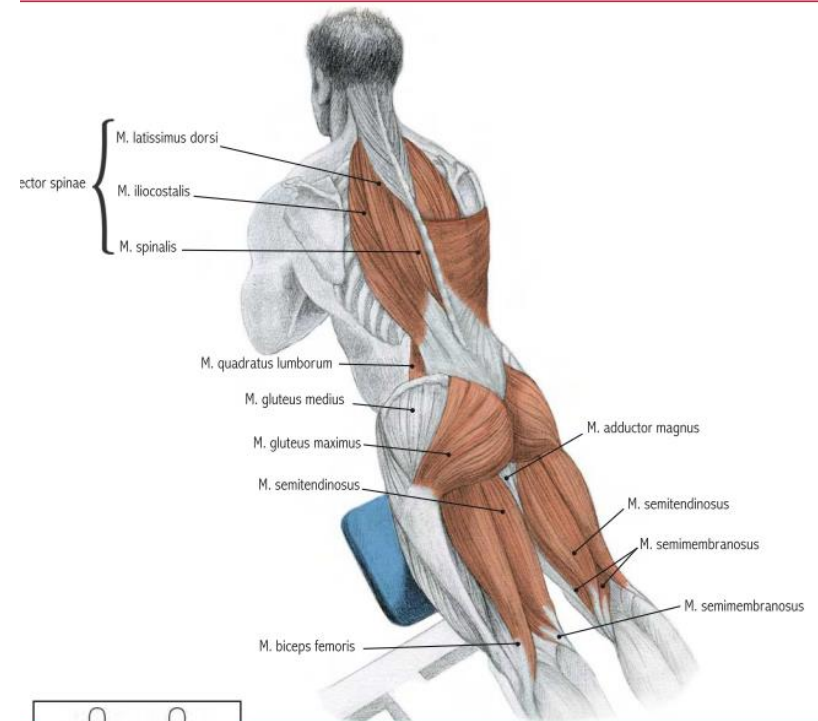
MAIN MUSCLES: spinal erectors, longissimus dorsi, quadratus lumborum, iliocostalis, latissimus dorsi, spinalis, multifidi, gluteus maximus, hamstrings (semimembranosus, semitendinosus and long head of the biceps femoris)

SECONDARY MUSCLES: serratus posterior inferior, gluteus medius (rear fibers), adductor magnus, piriformis

ANTAGONISTS: rectus abdominis, iliopsoas, obliques, front quadriceps, tensor fasciae latae, pectineus, sartorius

Lower Back,
Free Weights

BACK EXTENSION



Muscles involved

MAIN MUSCLES: spinal erectors, longissimus dorsi, quadratus lumborum, iliocostalis, latissimus dorsi, spinalis, multifidi, gluteus maximus, hamstrings (semimembranosus, semitendinosus and long head of the biceps femoris)

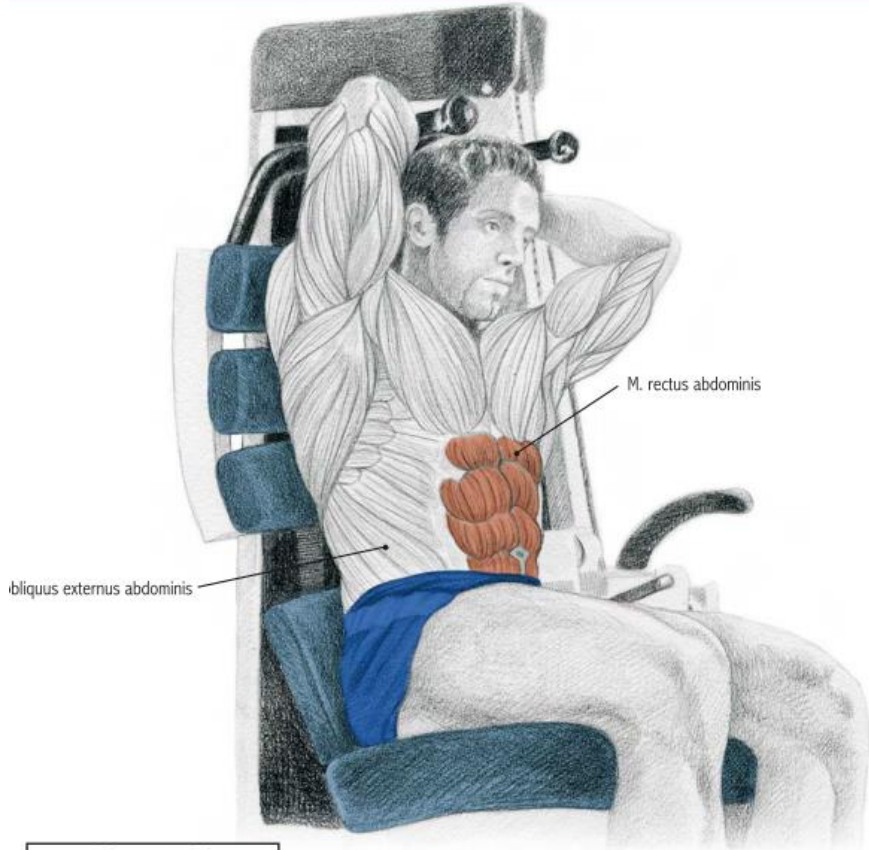
SECONDARY MUSCLES: serratus posterior inferior, gluteus medius (rear fibers), adductor magnus, piriformis

ANTAGONISTS: rectus abdominis, iliopsoas, obliques, front quadriceps, tensor fasciae latae, pectineus, sartorius

Diğer Hareketler

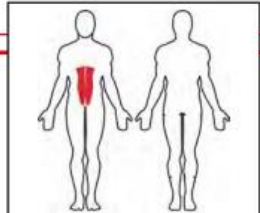
Lower Back,
Machines

SEATED MACHINE CRUNCH



M. obliquus externus abdominis

M. rectus abdominis

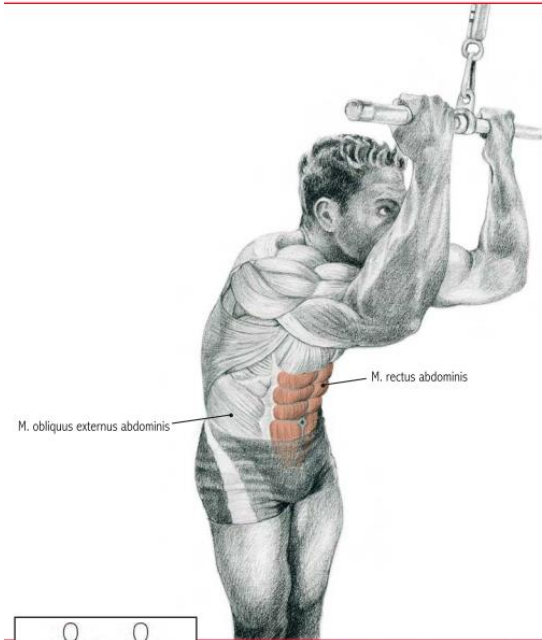


Muscles involved

MAIN MUSCLES: rectus abdominis
SECONDARY MUSCLES: external and internal obliques, psoas, front quadriceps, transverse abdominal
ANTAGONISTS: spinal erectors, longissimus dorsi and other muscles along the spinal column, and lower back muscles

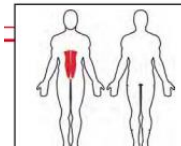
Lower Back,
Machines

STANDING CABLE CRUNCH



M. obliquus externus abdominis

M. rectus abdominis



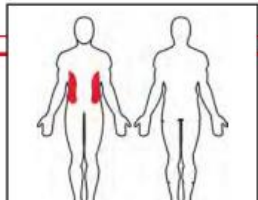
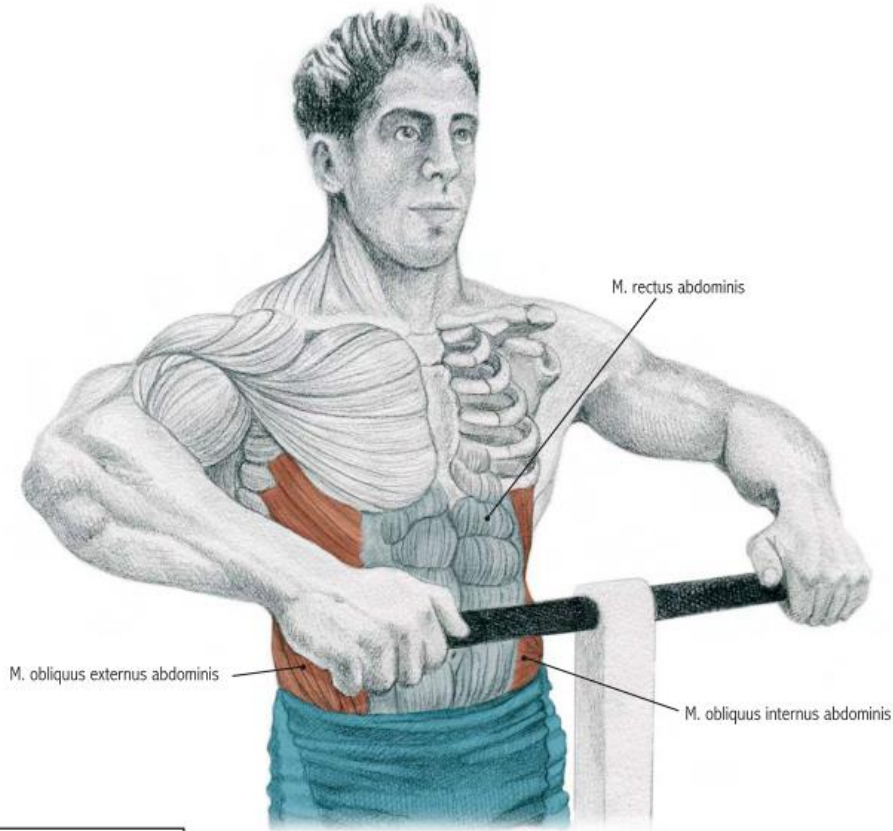
Muscles involved

MAIN MUSCLES: rectus abdominis
SECONDARY MUSCLES: external and internal oblique muscles, transverse abdominal
ANTAGONISTS: spinal erectors, longissimus dorsi and other muscles along the spinal column, and lower back muscles

Diğer Hareketler

Lower Back,
Machines

TWISTER

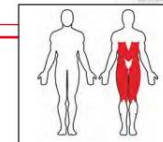
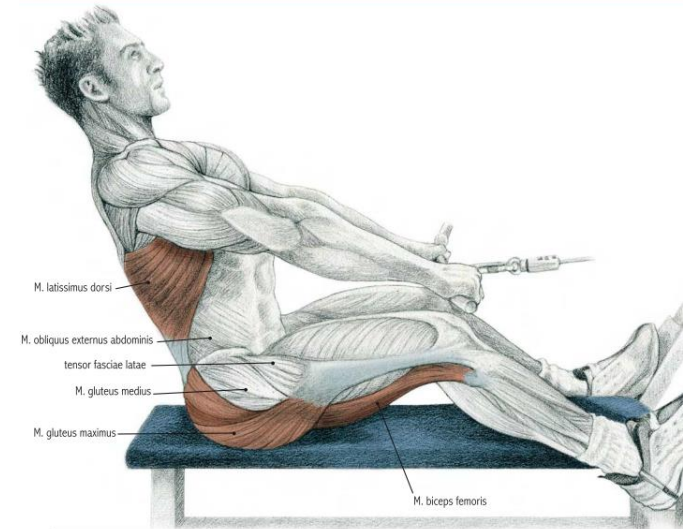


Muscles involved

MAIN MUSCLES: internal and external obliques
SECONDARY MUSCLES: rectus abdominis, transverse abdominal, quadratus lumborum
ANTAGONISTS: the same muscles on the other side of the body

5 Lower Back,
Machines

SEATED-ROW BACK EXTENSION



Muscles involved

MAIN MUSCLES: spinal erectors, longissimus dorsi, quadratus lumborum, iliocostalis, latissimus dorsi, spinalis, multifidi, gluteus maximus, hamstrings (semimembranosus, semitendinosus and long head of the biceps femoris)
SECONDARY MUSCLES: serratus posterior inferior, gluteus medius (rear fibers), adductor magnus, piriformis
ANTAGONISTS: rectus abdominis, iliopsoas, obliques, front quadriceps, tensor fasciae latae, pectineus, sartorius