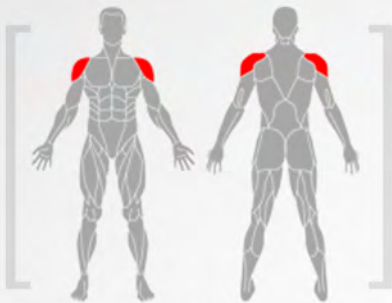
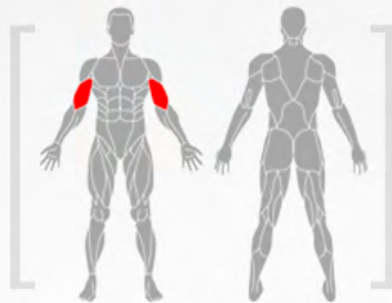


# Muscles & Their Function

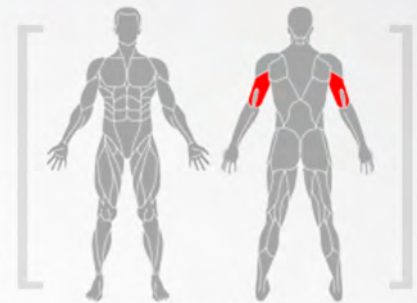
CHART BY DAREBEE  
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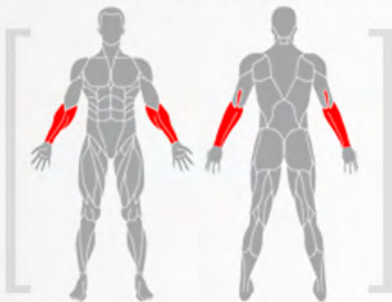
**rotate**  
delts (shoulders)



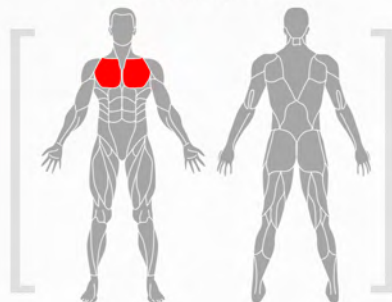
**lift**  
biceps



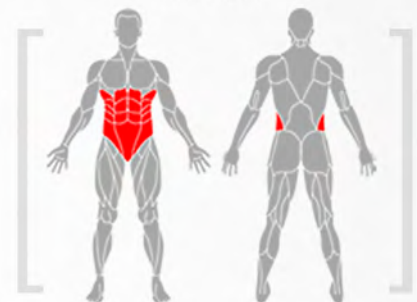
**push**  
triceps



**grip**  
forearms



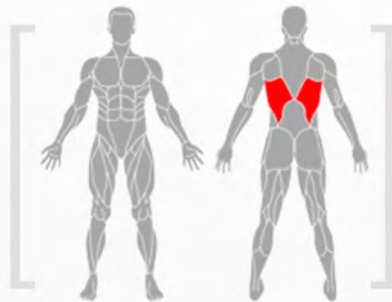
**squeeze**  
pecs (chest)



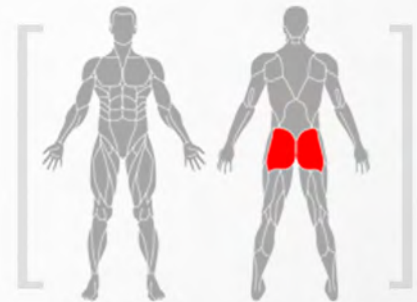
**stabilize**  
abs and obliques



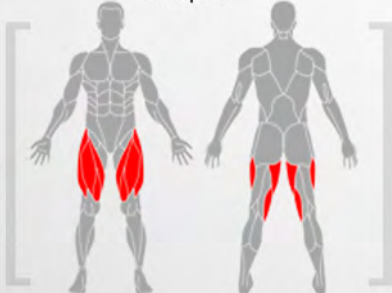
**pull**  
traps



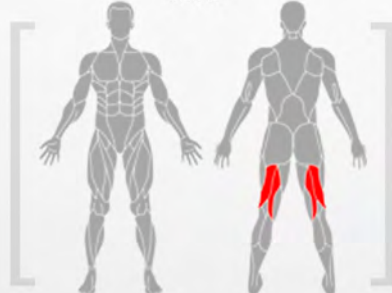
**pull and row**  
lats



**balance**  
glutes



**jump**  
quads



**coordinate**  
hamstrings



**accelerate**  
calves