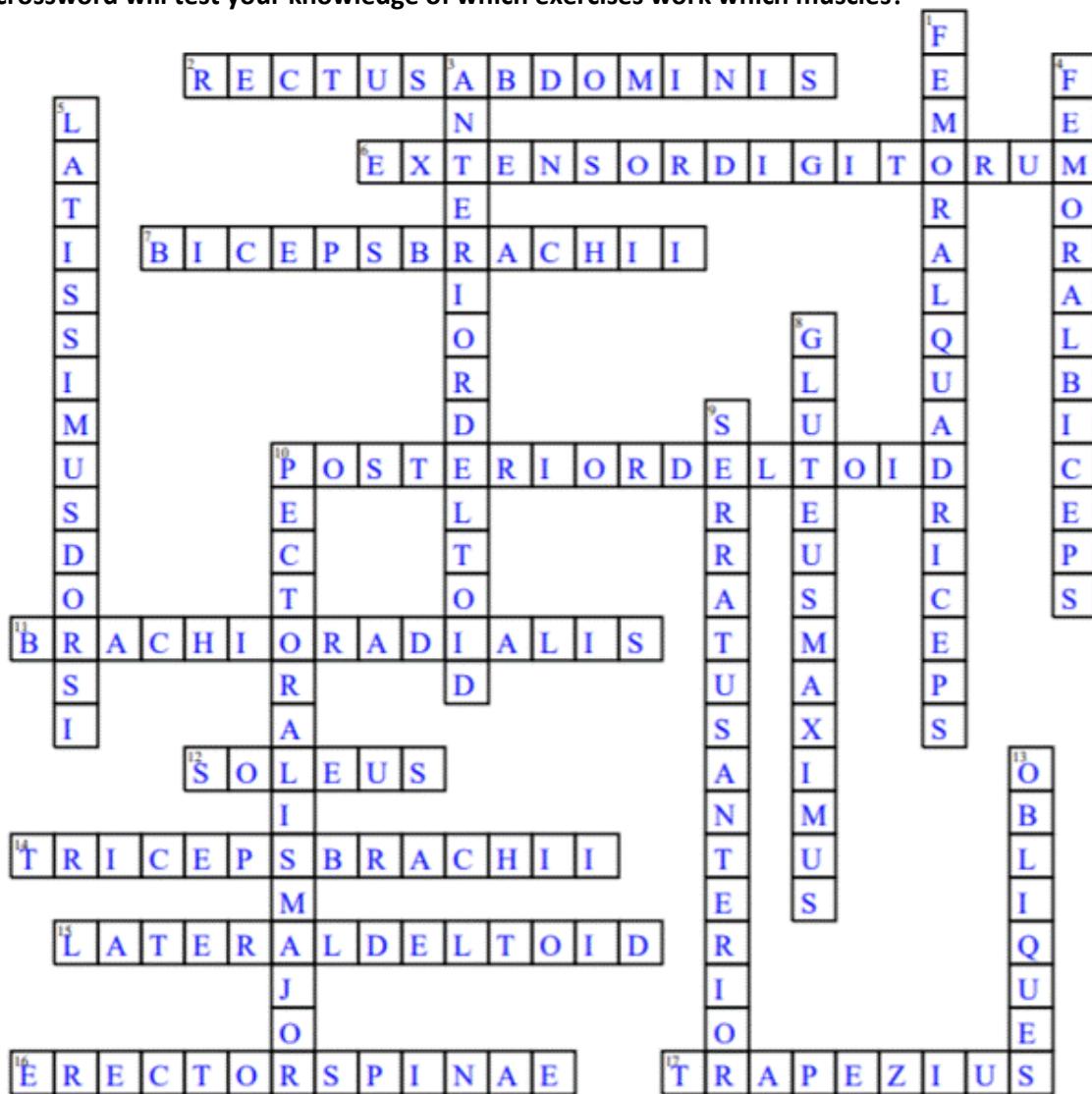


## Creative Fitness Evolution

## Resistance Exercise & Muscles Used (Answers)

This crossword will test your knowledge of which exercises work which muscles?



### Across

2. Crunches and sit ups are used to work this show-piece muscle. (6,9)
6. This flexor muscle is worked with any grip type exercise. (8,9)
7. EZ Preacher bench barbell curls work this muscle group. (6,7)
10. Bent over dumbbell raises works this posterior aspect of the shoulder. (9,7)
11. Dumbbell hammer curls work this upper arm muscle group. (15)
12. The 'Donkey Calf Raise' hits this muscle as well as the Gastrocnemius muscle. (6)
14. Barbell 'Skull Crushers' exercise this muscle. (7,7)
15. The upright row or the lateral dumbbell raise work these shoulder capping muscles. (7,7)
16. The 'Roman Chair' exercise is a great exercise for this muscle group. (7,6)
17. This muscle can be stimulated with any form of 'shrug' exercise. (9)

### Down

1. This muscle can be isolated on the leg extension machine. (7,10)
3. The 'Arnold Press' effectively works this aspect of the shoulder musculature. (8,7)
4. This muscle can be worked effectively on the prone leg curl machine. (7,6)
5. Wide grip chins ups exercise this muscle group significantly (10,5)
8. This hugely strong posterior muscle is effectively worked by barbell squats (7,7)
9. Dumbbell cross bench pullovers stimulate this muscle along with the pectorals. (8,8)
10. Flat bench dumbbell press. (10,5)
13. Side planks are an effective isometric exercise for these muscles (8)