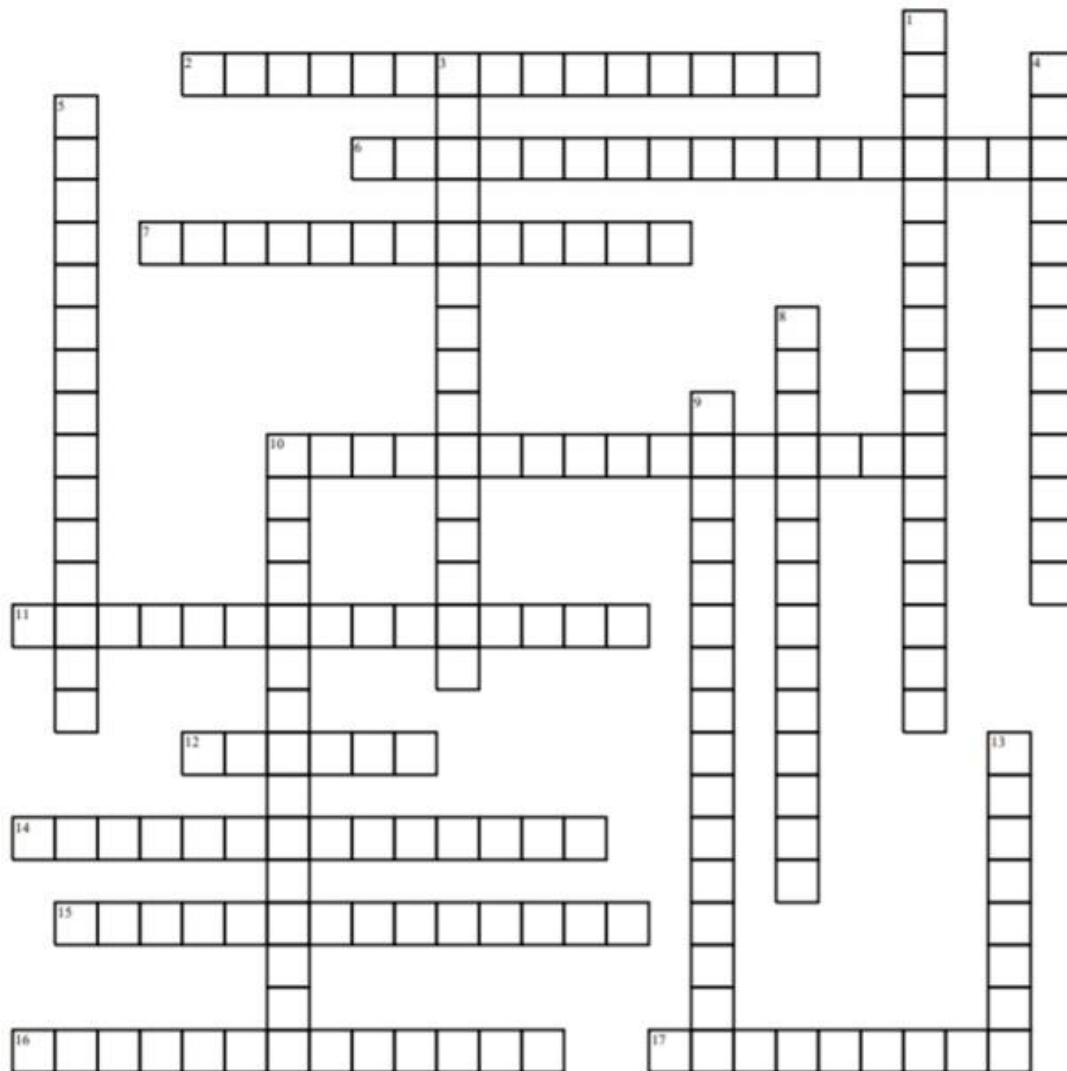


Creative Fitness Evolution

Resistance Exercise & Muscles Used

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)