

## **Lesson number four : The 12 Major Muscle Groups.**

### **1- The 12 Major Muscle Groups of the Body and their Functions.**

There are more than 600 muscles the human body composed of. With such a complex system in place, a regular person can't know them all, so we understand if you're a little intimidated by the thought. No worries: we will guide you through the most important things there are to know about the entire muscle system of the human anatomy and how to make the best of each group.

#### Human Muscles at a Glance

Muscles are considered the only tissue in the body that has the ability to contract and move the other body parts.

About 40% of your body weight is made up of muscle tissues. Basically, these muscles are used for locomotion, first and foremost, but also for achieving complex and impressive moves, like those involved in [martial arts](#), for example.

It is vital to know the major muscle groups especially in improving your body. Knowing the right kind of exercise for every muscle group can make your workouts much more effective. Keeping a balanced focus on each group of muscles will bring you plenty of benefits, too, such as:

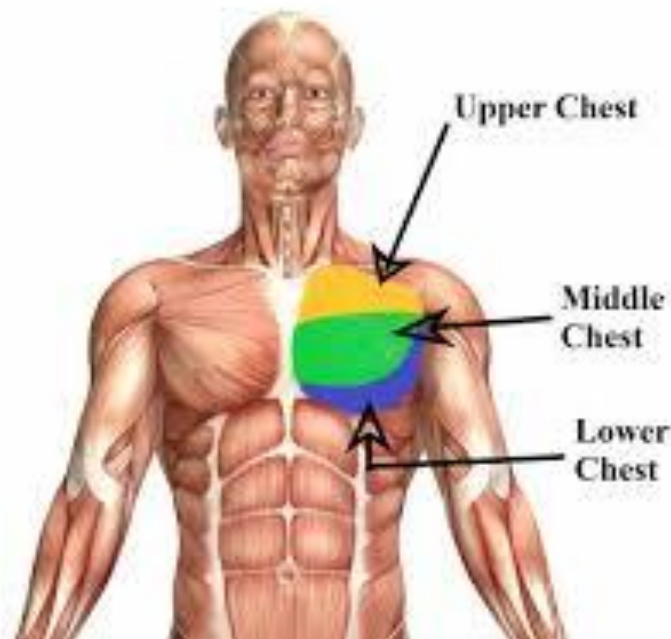
- It prevents injuries
- Improves posture
- Prevents muscle imbalances
- Refrain from aches and pains
- Get stronger and faster performance

- Builds muscle faster

To achieve these benefits, it is important to know the body's five major muscle groups and their functions.

### **1-1- The Chest or pecs Muscles**

- are the large chest muscles .
- involved in many shoulder joint movements .
- activated when reaching behind your body.
- Used when reaching behind yourself.



## **1-2 : delts shoulders :**

- Are located in the shoulder muscles.
- The delts are used in all.
- Side body lifting motions.
- Provide support when you carry things.

