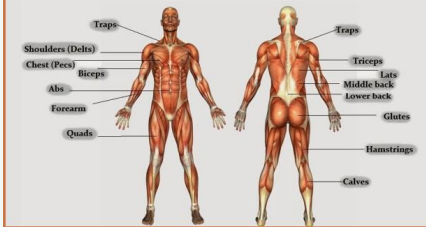


Introduction

What Are The Best Exercises For Building Each Muscle Group



Source: <http://www.fitnessandpower.com/build-muscle/how-to-build-muscle>

6 Ways to build Shoulder muscles

- **Standing military press.** Classic old school exercise and a timeless test of strength. Nothing screams manliness like pressing 220 lbs over your head.
- **Front Raise.** Targets the front (anterior) head of the deltoid muscle.
- **Dumbbell Lateral Raise.** Targets the medium (lateral) head of the deltoid muscle.
- **Rear Raise.** Targets the rear (posterior) head of the deltoid muscle.
- **Upright Row.** A great overall builder of shoulder muscle mass and width.
- **Push Press.** Excellent exercise for developing explosiveness. Besides it allows you to load the bar with more weight than using a strict press.

4 Ways to build Chest muscles

- **Bench press.** The primary exercise for developing your chest muscles. Favorite exercise for fitness enthusiasts around the world. Always done first thing on Monday, hence naming Monday: International Bench Press Day.
- **Dumbbell Bench Press.** This variation develops the stabilizing muscles in the chest and triceps.
- **Dumbbell Flyes.** A great exercise for hitting your inner chest.
- **Parallel Bar Dips.** Excellent for finishing off your chest workout. Work both your chest and triceps.

4 Ways to build Arms muscles

- **Barbell curls.** The first exercise newbies think of when first entering a gym. An all-time favorite of bodybuilder worldwide for building biceps mass.
- **Preacher curls.** A variation of the standing barbell curl. You can use an EZ bar when performing these since it's easier on the wrists.
- **Close grip bench press.** Excellent for adding mass to all three heads of the triceps.
- **Overhead extension.** Perfect for training the long head of the triceps.

How to build Legs muscles

- **Squat.** Another all-time classic that build muscle mass all over your body. Along with the deadlift, contender for the title "King of exercises".
- **Lunges.** A great unilateral exercise for building your quads, glutes, and hamstrings.
- **Hip thrusts.** Excellent for improving hip extension which is vital to teaching you to fully engage the glutes and use them up to their full potential.
- **Romanian Deadlift.** Targets the hamstrings, adding thickness in the middle and upper thigh while working the posterior chain.