

DELTOID muscles



STRUCTURE

MUSCLES

TYPES

STRETCHES

Movement



FUNCTIONS

EXERCISES

TABLE OF CONTENTS

CLICK BELOW EACH
BODY



**MUSCLE
MOVEMENT**



**MUSCLE OF
THE WEEK**



WORKOUT

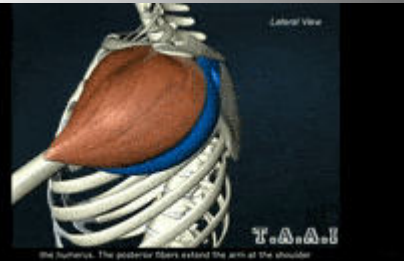
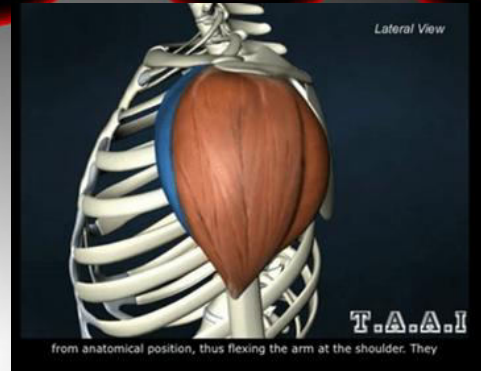
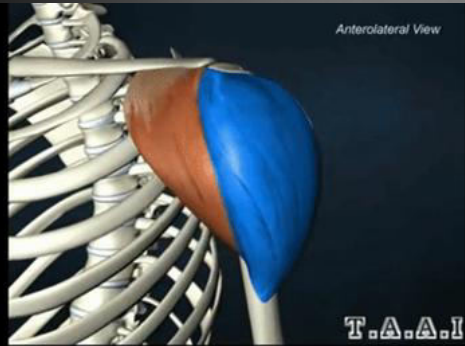


**EXERCISES/STRETCHES
OF THE WEEK**



**DIAGRAM
OF THE
WEEK**

HOW THE DELTOIDS WORK




MUSCLE OF THE WEEK

DEFINITION

DELTOID MUSCLES

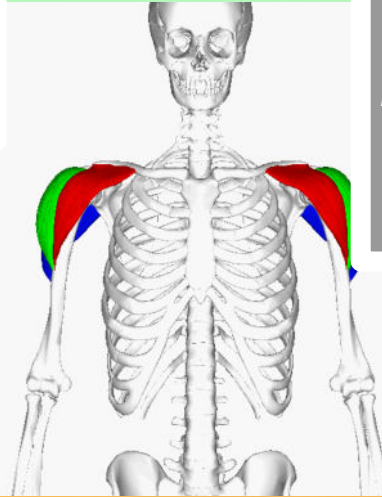
THE DELTOIDS ARE THE MAIN MUSCLES
IN THE SHOULDER.
IT CONSISTS OF THREE MUSCLE HEADS:
ANTERIOR DELTOID
LATERAL DELTOID
POSTERIOR DELTOID

FUN FACT

THE DELTOID IS A THICK, TRIANGULAR
SHOULDER MUSCLE. IT GETS ITS NAME
BECAUSE OF ITS SIMILAR SHAPE TO
THE GREEK LETTER "DELTA" 

FUNCTION

THE DELTOIDS HELP TO PUSH,
PULL AND LIFT THINGS OVER
THE HEAD.



EXERCISES OF THE WEEK

TUESDAY



WALKING PLANKS

WEDNESDAY



ARM RAISES

THURSDAY

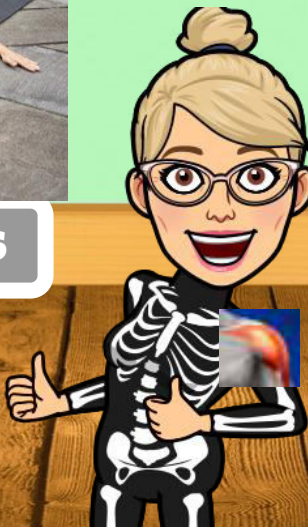


**SIDE PLANK
ARM RAISE**

FRIDAY

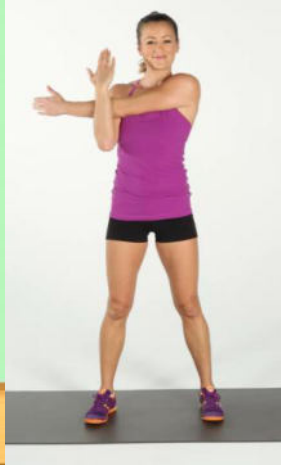


PRONE Y



STRETCHES OF THE WEEK

TUESDAY



Wednesday



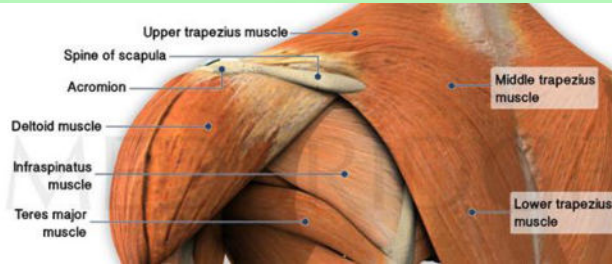
THURSDAY



FRIDAY



DIAGRAM OF THE WEEK



WORKOUT T OF THE DAY

