

The Institute of Human Performance presents:

IHP SEMINAR SERIES

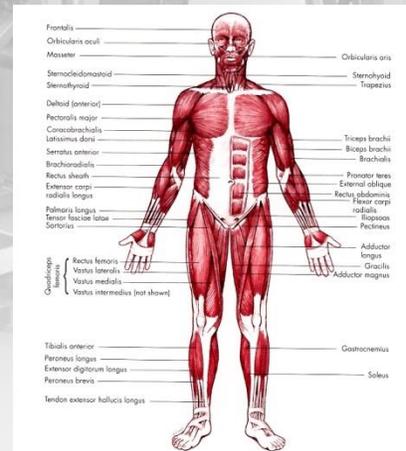
INSTITUTE OF
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THE UNIVERSITY OF HONG KONG

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Major Muscle Groups and how to train them

Everybody knows that flexing your biceps is a way of symbolizing strength. Yet not many people know what the biceps really look like under the skin and how to properly train them. Understanding a little more about muscle anatomy and how the muscles work when we do certain movements can help with designing a workout program and choosing the right exercises. During this talk of the IHP Seminar Series on the 10th of November, IHP's exercise specialist Kevin Tang explained the anatomy of the human body in relationship to resistance training and fitness exercises.

The seminar started off with the introduction of the human skeleton, which provided the framework for discussion of the the various muscles and muscle groups of the human body. The participants observed a number of resistance training exercises for which they identified the main muscles and muscle groups that acted as agonists (i.e., the muscles that did the "lifting"). Kevin further explained what muscles, aside from the obvious surface muscles, were being used as well during the exercises that were demonstrated.



As joint movement is also very important for understanding exercises done in fitness training, Kevin also discussed various joint movements of the human body, as well as their involvement when performing certain exercises, such as flexion, extension, abduction, adduction, etc., and how to do these exercises safely.

After exercise demonstration it was time for the participants to be active and practice the exercises that had been discussed. All exercises that were performed targeted on specific muscle or muscle groups, allowing participants to learn while practically incorporating these exercises into their own workout.



Finally, Kevin showed the group some exercises which did not require the use of fitness machines such as bodyweight, dumbbell and barbell exercises. These exercises were probably most useful for most folks because they can be done at home or in the office with just the use of one's own bodyweight or small implements such as water bottles. Participants realized after doing these exercises that they can be as effective as exercising with fitness equipment.

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