



THE EXERCISE MAP

THE **MUSCLE-BY-MUSCLE** EXERCISE MAP

A starting point for every major muscle

- | | |
|-----------------------|-----------------------------|
| 01 Chest | 02 Lats / upper back |
| 03 Front delts | 04 Side delts |
| 05 Rear delts | 06 Biceps |
| 07 Triceps | 08 Quads |
| 09 Hamstrings | 10 Glutes |
| 11 Calves | 12 Abs |

BEFORE YOU BEGIN

START HERE.

Not sure which exercise belongs to which muscle? Start here.

For beginners with 0-2 years of training, or anyone returning after years off. This is a menu. You do not need every exercise in one workout.

For your first stretch of training, broad movements like pec deck, leg extension and a curl can be more useful than a collection of very specific angles.

Keep an exercise repeatable: control the turnaround and aim for the same sensible endpoint from set to set.

Treat better numbers as feedback; do not change your movement just to beat your last workout.

1

Find your muscle

2

Learn one setup

3

Keep it repeatable

Stop and see a clinician for pain, injury, or a medical condition.

MUSCLES 01



CHEST

Brings the upper arms inward and across the body.

EXERCISES WORTH KNOWING

Pec deck – A stable, broad chest choice before chasing tiny angle differences.

Smith or machine chest press – Lets you press for chest growth without needing a powerlifting-style bench setup.

Flat press – A simple pressing pattern to include when your routine has none.

COMMON MISTAKE + SETUP CUE

Avoid: Collecting several special fly angles before building a reliable basic chest movement.

Try: On a pec deck or press, use the same comfortable start and end positions each time.

Emphasis: If upper chest is a later priority, a low-to-high cable fly is a more specific option; you do not need it alongside a front raise by default.

MUSCLES 02

2

LATS / UPPER BACK

Pulls the upper arm down or back; upper-back muscles also draw the shoulder blades together.

EXERCISES WORTH KNOWING

Wide-grip pulldown – A straightforward lat pull and one half of a simple back pairing.

Narrow-grip row – Adds a different pulling path alongside the wide pulldown.

Kelso shrug – Moves the shoulder blades together and apart to target upper-back work.

COMMON MISTAKE + SETUP CUE

Avoid: Turning the shrug into a back extension or throwing the torso to move the weight.

Try: On a pulldown, choose a reachable bar height and repeat it; on a Kelso, move your shoulder blades while your torso stays put.

Emphasis: A narrower pulldown or pullover can be another angle later; a simpler menu is usually enough to start.

MUSCLES 03 + 04

3 / 4

FRONT DELTS + SIDE DELTS

FRONT DELTS

Does: Helps lift the upper arm forward and contributes to shoulder pressing.

EXERCISE PICKS

Machine or Smith shoulder press – A direct pressing choice for front delts.

Front raise – Adds forward arm movement when it serves your goal.

MISTAKE + SETUP CUE

Avoid: Treating a front raise and low-to-high fly as automatically essential separate exercises.

Try: Choose a shoulder-press handle width and arm path you can repeat comfortably.

Emphasis: A low-to-high fly also works upper chest and front delts, so consider the overlap before adding it.

SIDE DELTS

Does: Lifts the upper arm out to the side.

EXERCISE PICKS

Wrist-cuffed cable lateral raise – A favorite because it can challenge the arm lower in the raise.

Machine lateral raise – Another stable choice; machines that are hardest below shoulder height are useful.

MISTAKE + SETUP CUE

Avoid: Swinging, shrugging or turning the trunk so the raise becomes a different move.

Try: Keep your torso still and raise the upper arm to the side on a comfortable path.

Emphasis: Different resistance curves may shift the shoulder region emphasized; the exact difference is uncertain.

MUSCLES 05



REAR DELTS

Moves the upper arm back and outward; shoulder-blade squeezing is a different action.

EXERCISES WORTH KNOWING

Narrow-grip row – another row may be more useful than a separate rear-delt fly.

Narrow-grip pulldown – Another pulling choice that can cover rear delts indirectly.

Reverse pec deck – A direct rear-shoulder option when you specifically want more work there.

COMMON MISTAKE + SETUP CUE

Avoid: Assuming every shoulder-blade squeeze is a rear-delt repetition.

Try: If you use a reverse fly, think about moving the upper arm rather than just pinching the shoulder blades.

Emphasis: Dedicated rear-delt isolation is optional when your rows and pulldowns already cover that aim.

MUSCLES 06 + 07

6 / 7

BICEPS + TRICEPS

BICEPS

Does: Helps bend the elbow during curls.

EXERCISE PICKS

Incline dumbbell curl – A shoulder-behind-body curl favored for biceps emphasis in the cited comparisons.

Bayesian cable curl – A second behind-body option with a similar possible biceps emphasis.

Preacher curl – A useful curl with a possible greater brachialis emphasis.

MISTAKE + SETUP CUE

Avoid: Chasing tiny bench-angle differences as if they guaranteed growth.

Try: Keep the upper arm in its chosen position and choose the setup you can repeat.

Emphasis: Incline/Bayesian versus preacher differences are possible biases, not guaranteed results.

TRICEPS

Does: Straightens the elbow as you push or extend the arm.

EXERCISE PICKS

One-arm cable pushdown – Lets you keep the working upper arm near your torso and focus on elbow extension.

Supported overhead cable extension – Bracing the upper arm can keep the movement cleaner with a lighter load.

MISTAKE + SETUP CUE

Avoid: Loading the extension so heavily that the upper arm and torso swing.

Try: For a one-arm pushdown, brace your free hand; for an overhead extension, support your working upper arm.

MUSCLES 08

8

QUADS

Straightens the knee in an extension and works during squat-pattern movements.

EXERCISES WORTH KNOWING

Leg extension – A broad, simple quad foundation.

Hack squat – A supported squat pattern for quad training without needing a free barbell.

Leg press – Another squat-pattern option when it fits your equipment and comfort.

COMMON MISTAKE + SETUP CUE

Avoid: Thinking you must barbell back-squat to build your quads.

Try: Choose the squat or press machine that lets you repeat a comfortable knee-bending path.

Emphasis: Isolated hip-flexion work for one quad region is a niche add-on; start with leg extensions.



HAMSTRINGS

Bends the knee and helps extend the hip.

EXERCISES WORTH KNOWING

Forward-hinged seated leg curl – A useful single move when only one hamstring exercise fits.

Weighted 45-degree hip extension – Adds hip-extension work when you have room for a second move.

Lying leg curl – Adds a second knee-curl variation if you want a third option.

COMMON MISTAKE + SETUP CUE

Avoid: Twisting your feet or legs to hunt for inner versus outer hamstrings.

Try: On the seated curl, use a comfortable slight forward hinge; keep leg and foot rotation neutral.

Emphasis: The seated-plus-hip-extension combination covers knee bending and hip extension; it is a choice, not a required three-exercise list.

MUSCLES 10

10

GLUTES

Extends the hip and also helps move the thigh outward.

EXERCISES WORTH KNOWING

Hip thrust – A broad first choice when deciding between a hip thrust and abduction.

Leg press – Can add more hip-extension-focused work alongside other lower-body choices.

Hip-abduction machine – An optional extra for a more specific glute emphasis.

COMMON MISTAKE + SETUP CUE

Avoid: Replacing broad glute work with only a tiny targeted abduction variation.

Try: Start with a hip thrust you can set up consistently; add abduction only if it fits your goal.

Emphasis: Hip-flexed abduction may emphasize upper glute max, while a more extended hip may emphasize glute medius. These are proposed emphases.

MUSCLES 11

11

CALVES

Moves the foot downward at the ankle.

EXERCISES WORTH KNOWING

Standing straight-knee calf raise – A broad default for the calf muscle that crosses the knee.

Leg-press calf press, knees straight – Another straight-knee option for calf work.

Seated bent-knee calf raise – An optional way to put more emphasis on soleus.

COMMON MISTAKE + SETUP CUE

Avoid: Using so much weight that the ankle cannot move through a controlled range.

Try: Keep the knee position steady and move at the ankle; use a controlled stretch you can own.

Emphasis: Bent-knee work biases soleus and gives less gastrocnemius work than straight-knee versions.

MUSCLES 12

12

ABS

Curls the ribs toward the pelvis by bending the spine.

EXERCISES WORTH KNOWING

Rope cable crunch – Loads the curling motion when your pelvis and rope stay steady.

Machine crunch – Another straightforward crunch choice for the same basic motion.

Decline abdominal curl – An option that brings the breastbone toward the pelvis without turning into a sit-up.

COMMON MISTAKE + SETUP CUE

Avoid: Pulling with the arms or bending mostly at the hips instead of curling the trunk.

Try: On cable crunches, hold the rope against your head and keep the pelvis steady.

Emphasis: Pelvis-led leg raises and side bends are optional ways to address other abdominal actions; upper/lower separation is theoretical.

KEEP THIS PAGE

YOUR QUICK-REFERENCE MAP.

One sensible starting point for each muscle.

Muscle	Best first picks
Chest	Pec deck / Smith or machine chest press
Lats / upper back	Wide-grip pulldown / Narrow-grip row
Front delts	Machine or Smith shoulder press / Front raise
Side delts	Wrist-cuffed cable lateral raise / Machine lateral raise
Rear delts	Narrow-grip row / Narrow-grip pulldown
Biceps	Incline dumbbell curl / Bayesian cable curl
Triceps	One-arm cable pushdown / Supported overhead cable extension
Quads	Leg extension / Hack squat
Hamstrings	Forward-hinged seated leg curl / Weighted 45-degree hip extension
Glutes	Hip thrust / Leg press
Calves	Standing straight-knee calf raise / Leg-press calf press, knees straight
Abs	Rope cable crunch / Machine crunch

TRY THIS

Circle one muscle. Choose a movement from the table. Keep the setup consistent and note what you do next time.

TRY THIS ON PAPER

WORKED EXAMPLE

A filled-in exercise menu

Fictional selection, not a personalized workout. Pick a few repeatable movements from the map.

Chest	Pec deck	Stable chest choice.
Back	Wide-grip pulldown + narrow-grip row	Two pulling directions from the map.
Quads	Leg extension	Direct quad choice.
Hamstrings	Seated leg curl	Direct hamstring choice.
Next session	Keep the same setups	Note reps, load and which muscle did the work.

Your turn: Copy this format. Choose your real days, foods or exercises. These are selections from the map, not an instruction to train every listed muscle in one day.

1:1 COACHING • HOW IT WORKS

TIRED OF STARTING OVER?

You have trained before. When work gets busy, the plan slips. Then you are guessing again.

That does not mean you need better genes or a perfect week. You may need a plan built around your real week and a person who helps you review it. Here is the process I offer.

01 • PLAN

I build your training around your goal, equipment and schedule.

02 • LOG

You record sessions and your weekly check-in in the coaching app.

03 • REVIEW

We look at what happened. I revise the plan every four weeks, or sooner when needed.

WHAT YOU GET IN 16 WEEKS

- A personal training plan, exercise explanations and form feedback.
- Weekly check-ins, a kickoff call and a review call every four weeks.
- Training-focused meal plans and food guidance, plus group access.
- WhatsApp questions and form clips. Replies within 2-3 business days.

What support looks like: your plan → your workout log → your check-in → my feedback. You can see how the plan, session log, weekly check-in and coach feedback fit together.

A CLEAR NEXT STEP

COACHING THAT FITS **YOUR** **WEEK**

I'm **a med intern who lifts**. I coach training and fitness nutrition. I do not offer medical diagnosis or treatment. We work from your goals and your actual routine.

AVAILABILITY

I can confirm current coaching availability on our fit call.

YOUR FREE FIT CALL

We talk for about 30 minutes. You tell me your goal, your schedule and what you have tried. I explain the coaching process. We decide whether working together makes sense. No pressure.

DM me COACH on Instagram

@dr.mavion · I explain price and fit plainly in DMs or on a free call.

Progress varies. There are no promised physique results. Full written terms, including cancellation and refunds, are shared in writing before you pay.