

The Missing Exercises for Full Range Strength

Upper-Body

	Pecs	Lats	Rear-Delts	Medial-Delts	Traps	Biceps	Triceps
Strength Zone			Lengthened	Lengthened	Vertical	Lengthened	Lengthened
			Range	Range	Shrug	Range	Range
	Shortened Range		Shortened	Shortened	Horizontal	Shortened	Shortened
			Range	Range	Shrug	Range	Range

Lower-Body and Core

	Glutes	Quads	Hamstrings	Calves	Hips	Core
Strength Zone				Straight Knee	Adduction	Linear
				Bent Knee	Abduction	Lateral
	Shortened Range		Shortened Range	Rotational		
	Shortened Range		Shortened Range			