

Diagram illustrating the muscles involved in a deadlift exercise. The image shows two figures: one with muscles highlighted in red and another in a black shirt. Labels point to various muscles:

- trapezio
- sternocleidomastoideo
- deltoide
- grande dorsale
- grande gluteo
- vasto laterale
- brachioradiale
- trapezio
- grande pettorale
- bicipite brachiale
- flessore radiale del carpo
- flessore delle dita
- estensore delle dita

Anatomia Dell Esercizio Fisico Erika

Katerina Spilio, Erica Gordon-Mallin



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