MUSCLES USED ON THE SKIERG

The start of the pull:
• Primary muscles: triceps, trapezius, lats, calves
• Secondary muscles: abs, back extensors, glutes, hamstrings, hip flexors, quads and shins

Primary Muscles (red): These are the muscles that contract to accomplish the desired movement and power; they have high power output.

Secondary Muscles (yellow): These muscles play a posture supporting and stabilizing role; they have low power output.

Both types of muscles work together in a synchronized fashion to accomplish the movement, but with different levels of involvement and power output.

The pull:
• Primary muscles: triceps, lats, abdominal muscles, hip flexors, shins
• Secondary muscles: quads, back extensors, glutes, hamstrings, calves

Finishing the pull:
• Primary muscles: triceps abdominal muscles, hip flexors, shins
• Secondary muscles: quads, back extensors, glutes, hamstrings, calves

Returning to start:
• Primary muscles: quads, glutes, hamstrings, back extensors, deltoid front part, trapezius upper part, pectoralis upper part, calves
• Secondary muscles: abdominals, shins, hip flexors