

# MUSCLES USED ON THE SKIERG



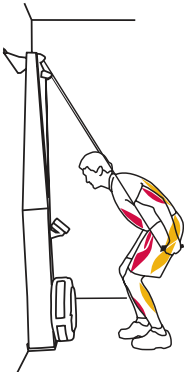
## The start of the pull:

- Primary muscles: triceps, trapezius, lats, calves
- Secondary muscles: abs, back extensors, glutes, hamstrings, hip flexors, quads and shins



## 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



**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.