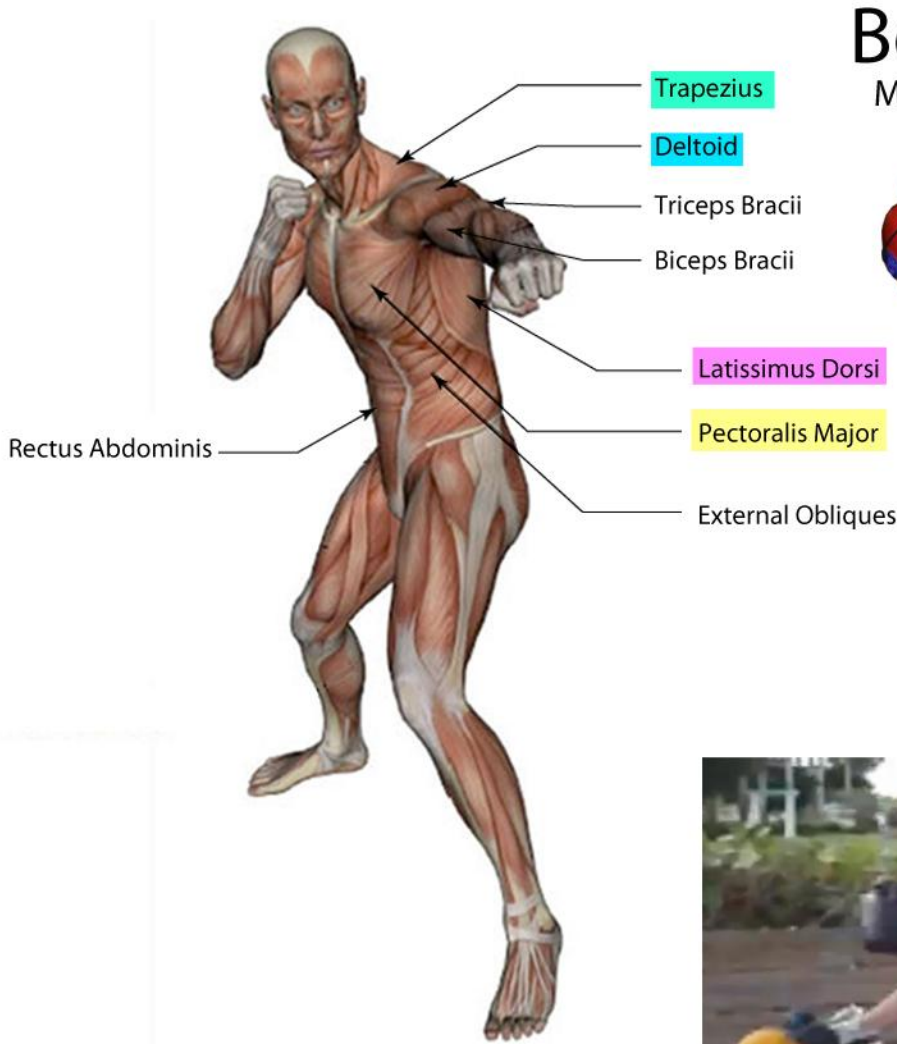


The Muscles of the Shoulder

The muscles of your shoulder are strongly involved whenever you throw a punch. Your **anterior deltoids**, located on the front of your shoulders, work in synergy with your **pectoralis major** or chest muscles to drive your arm out toward the ball. Once you have struck your target, the muscles opposing your chest and shoulders -- specifically your **middle trapezius**, rhomboids and **latissimus dorsi** -- draw your arm back ready for you to throw another punch.



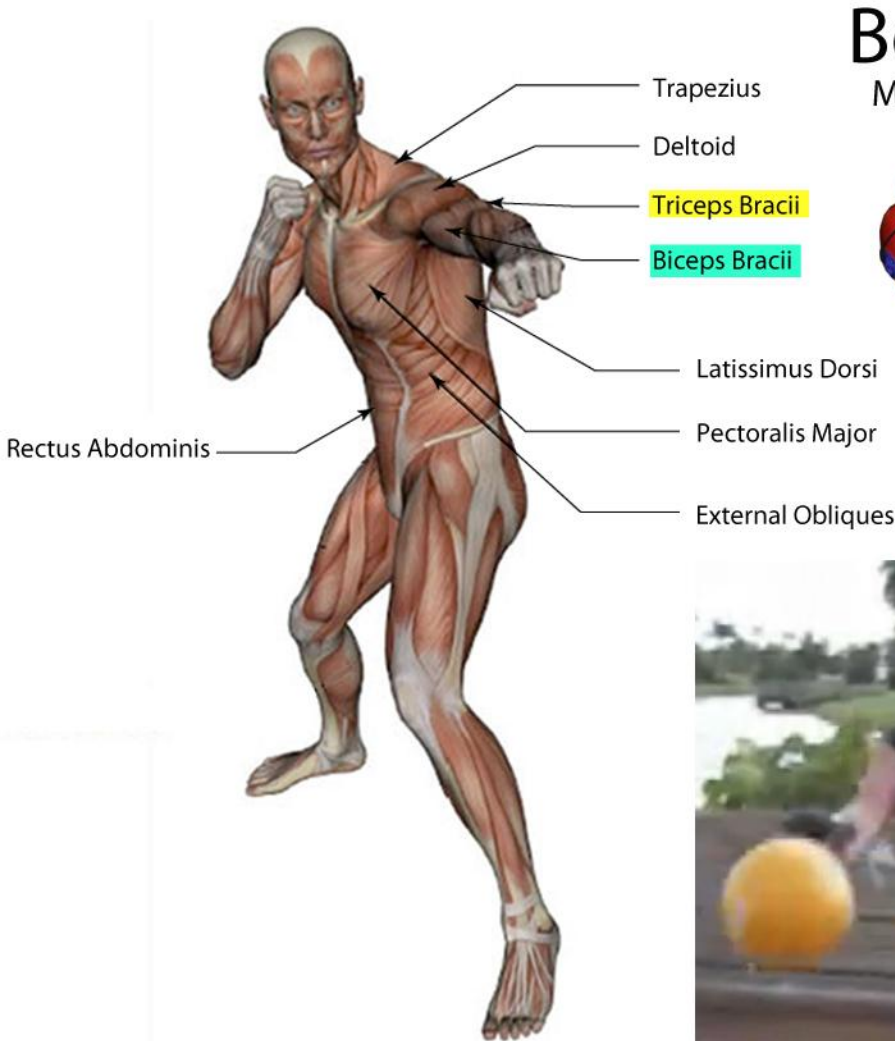
Boxer Ball

Muscles Exercised



The Muscles of the Upper Arm

Extending your arm is primarily the job of your **triceps brachii**. Located on the rear of your upper arm, this powerful muscle snaps your elbow out so that you can reach your target. Your **biceps brachii**, located on the front of your upper arm, is responsible for bending your elbow as you pull your arm pack into your guard position, ready to throw more punches.



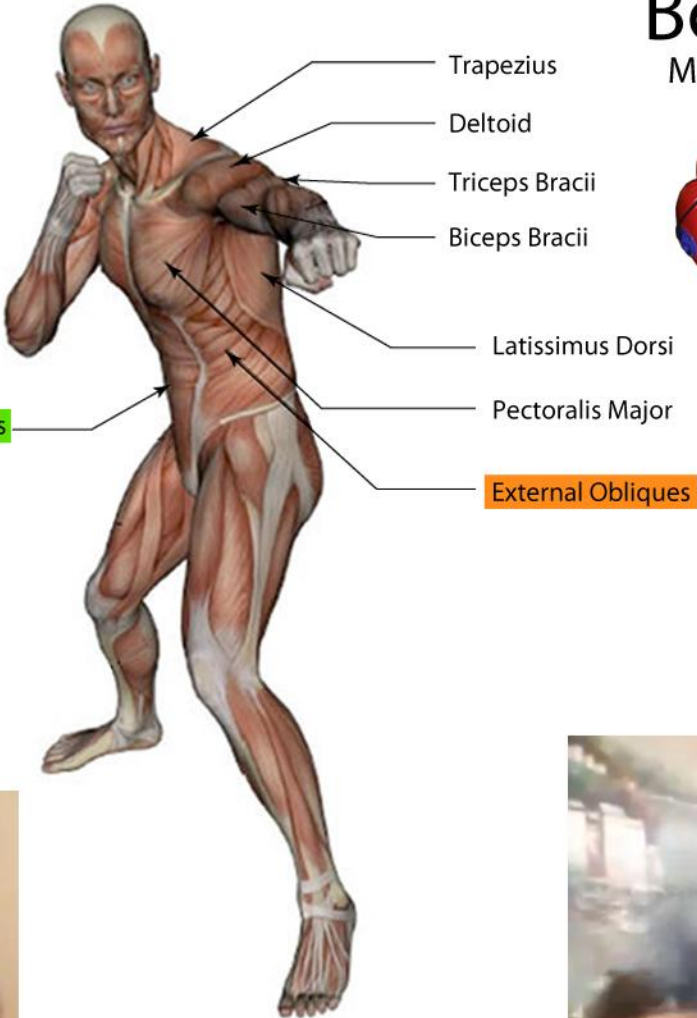
Boxer Ball
Muscles Exercised



The Muscles of the Core

Although punching is often thought as an arms-only exercise, the muscles of the core -- the collective term used to describe your abdominal muscles, waist and lower back -- are very much involved. When you throw a punch, your shoulders and spine twist to generate greater amounts of power. The muscles responsible for twisting your spine are called your **obliques** and are located on and below your ribs. Your **rectus abdominis**, also known as your abs and located on the front of your torso, braces your spine in position to ensure that your midsection does not collapse, which would result in a loss of power.

Rectus Abdominis



Boxer Ball
Muscles Exercised

