



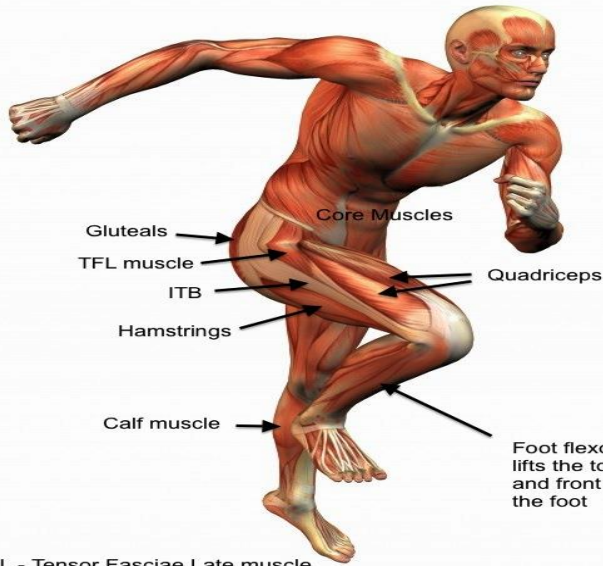
وزارة التعليم العالي والبحث العلمي
كلية بلاد الرافدين الجامعة
قسم التربية البدنية وعلوم الرياضة

المحاضرة التاسعة (العضلات العاملة)

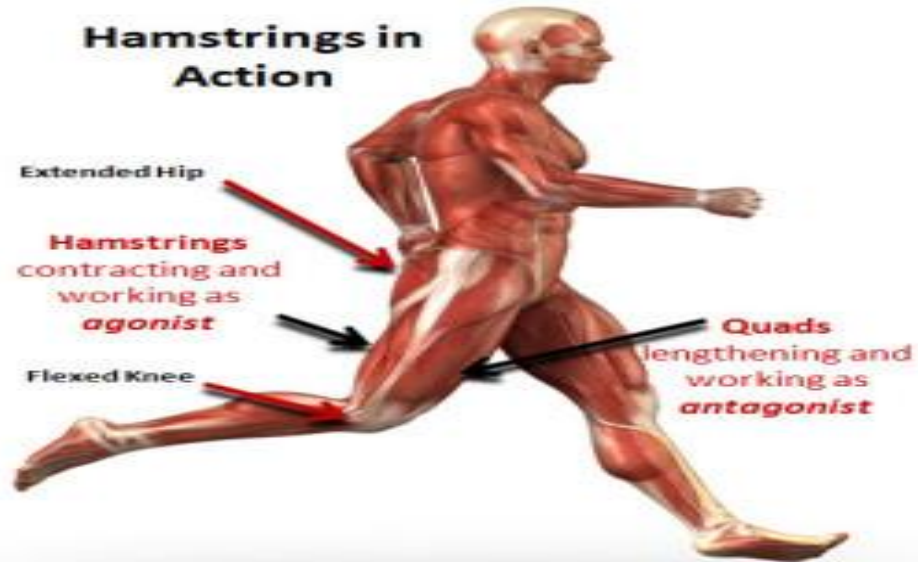
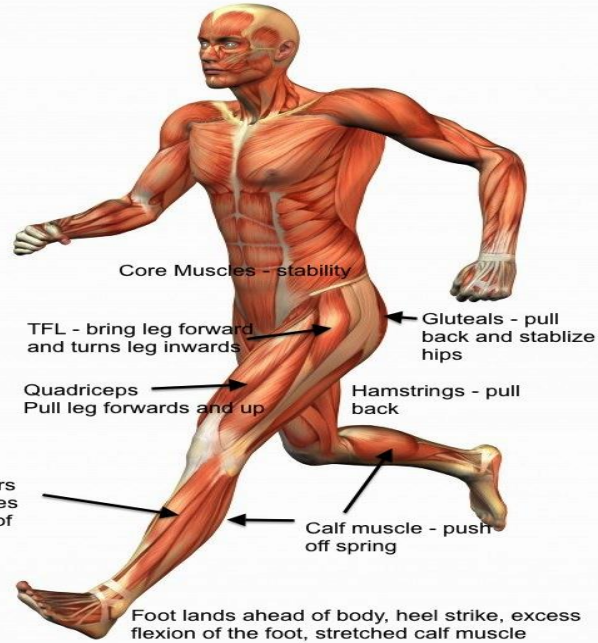
أ.م.د/ محمد إبراهيم محمد

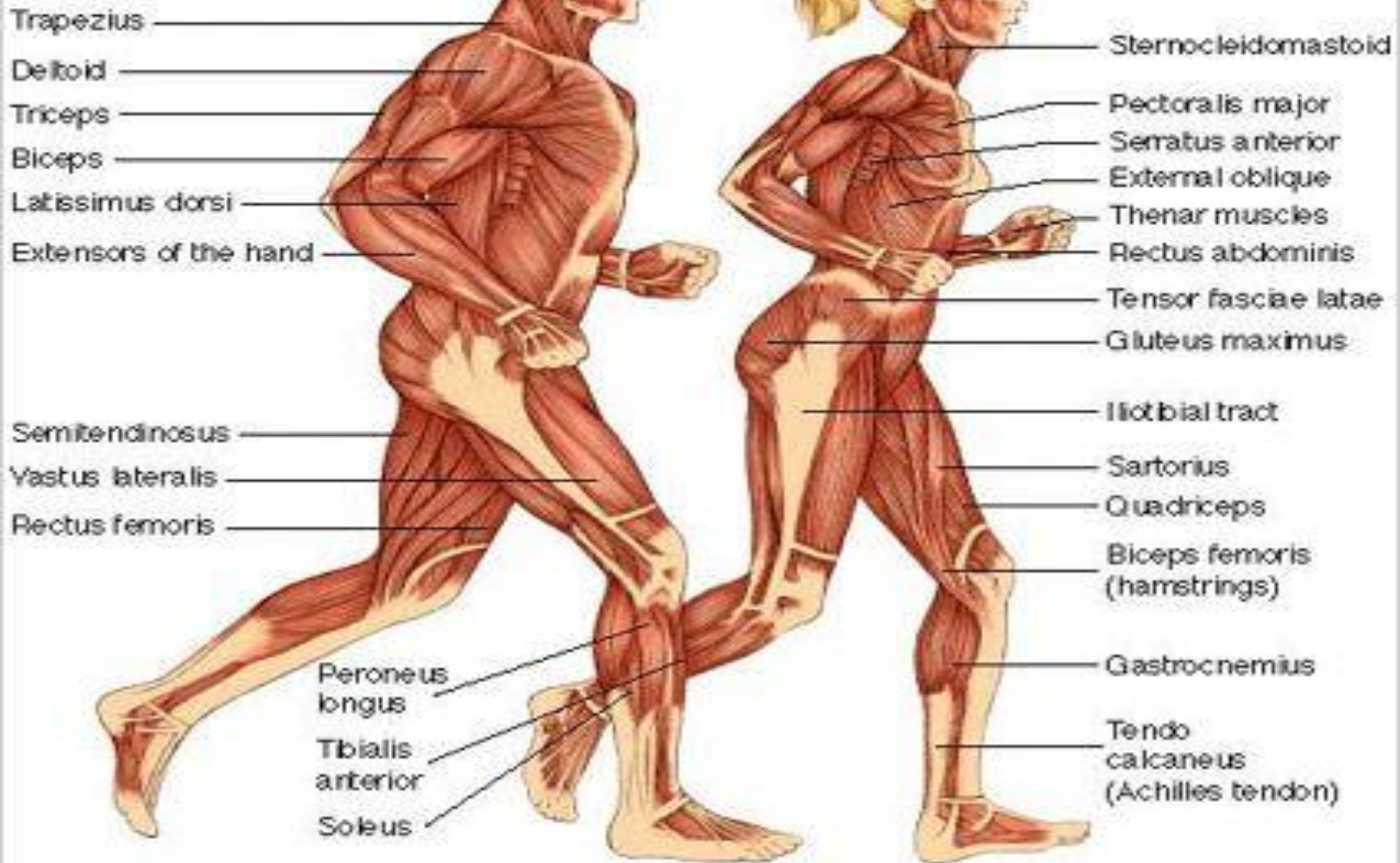


العضلات العاملة في الركض

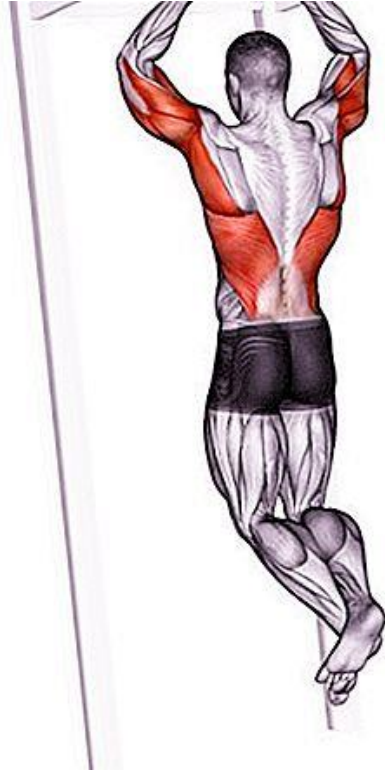
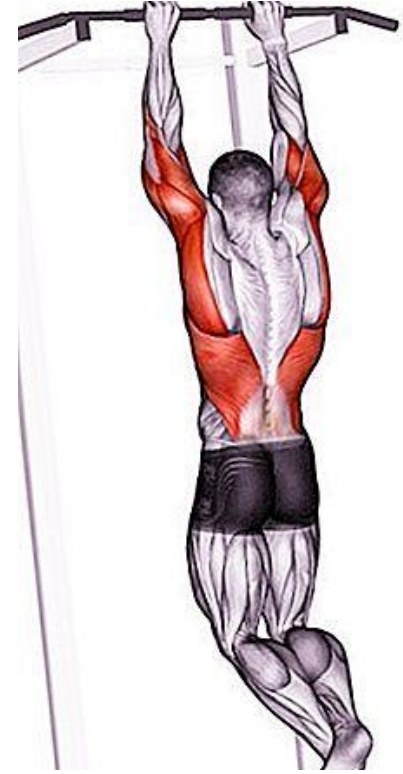


TFL - Tensor Fasciae Late muscle
ITB - Iliotibial band

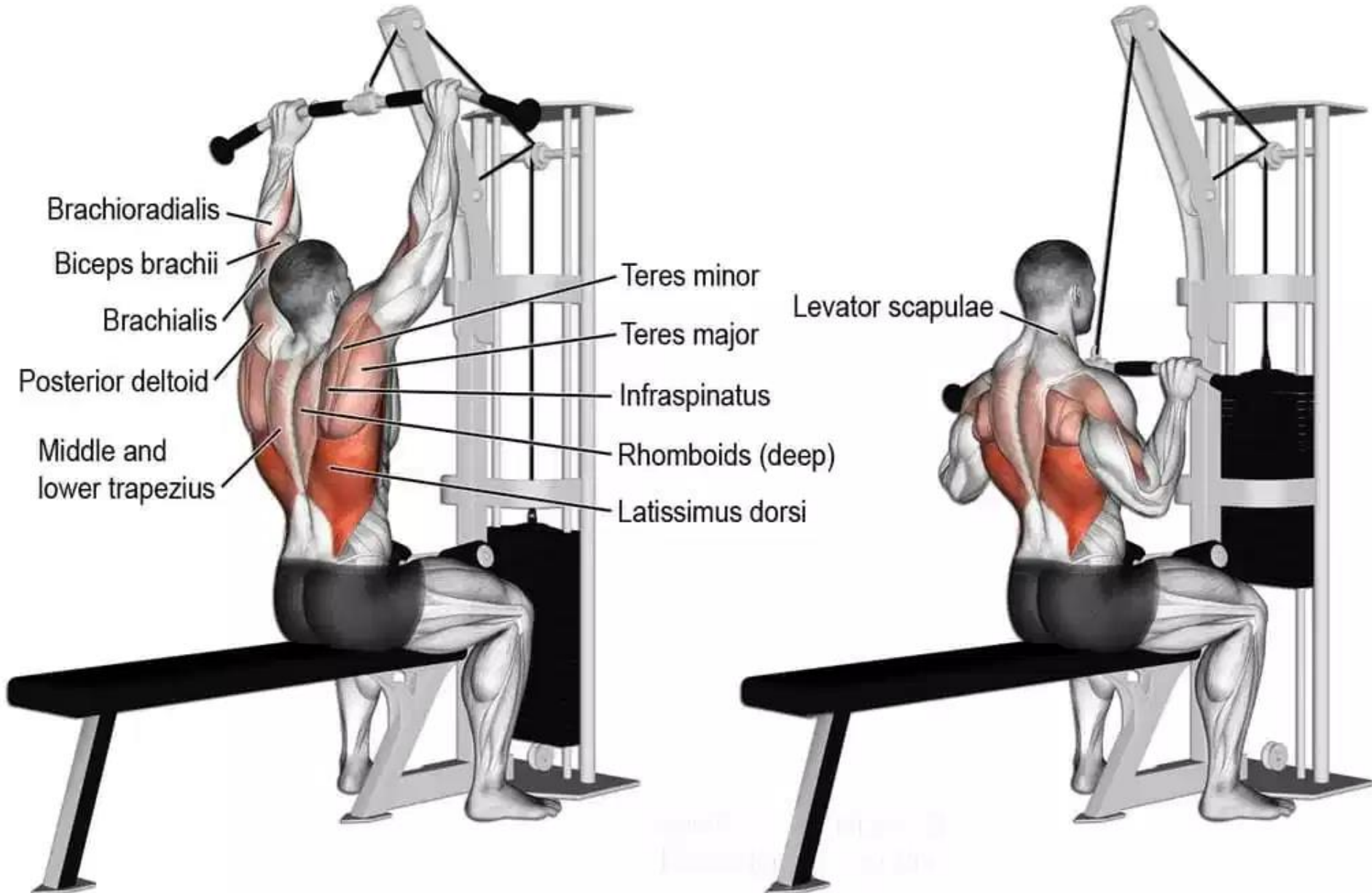


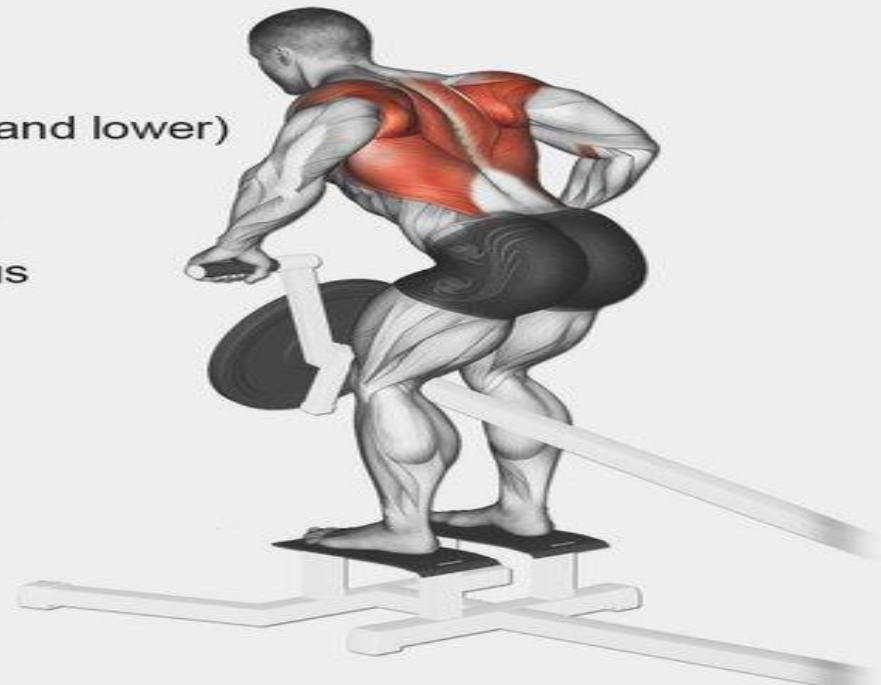
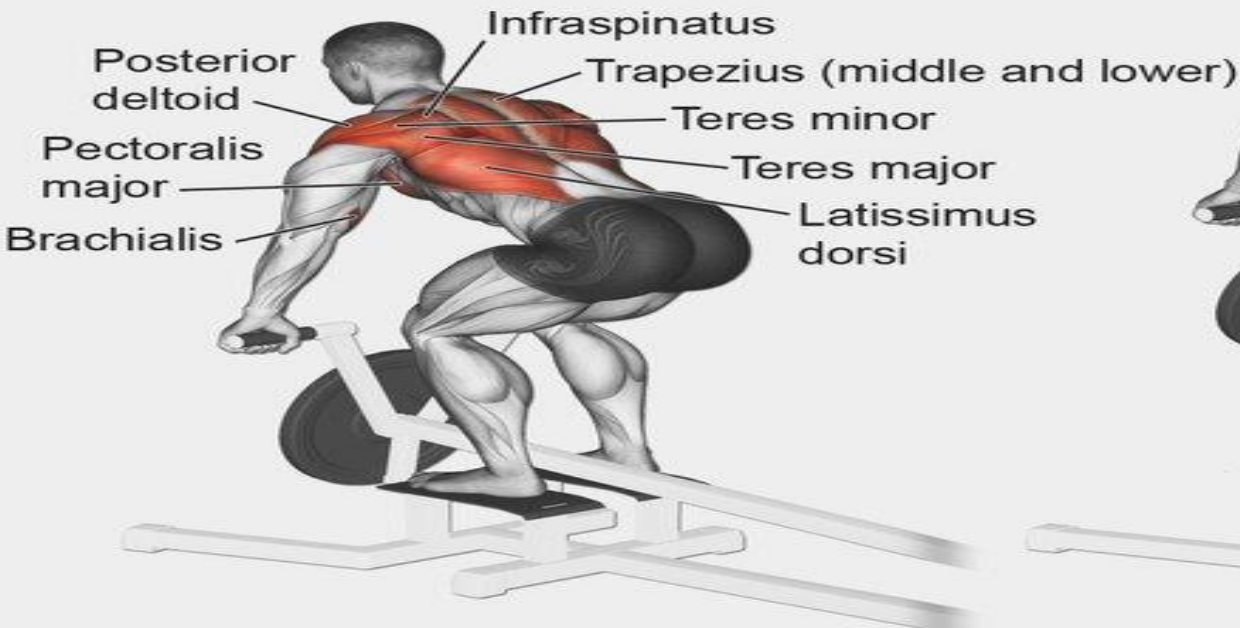
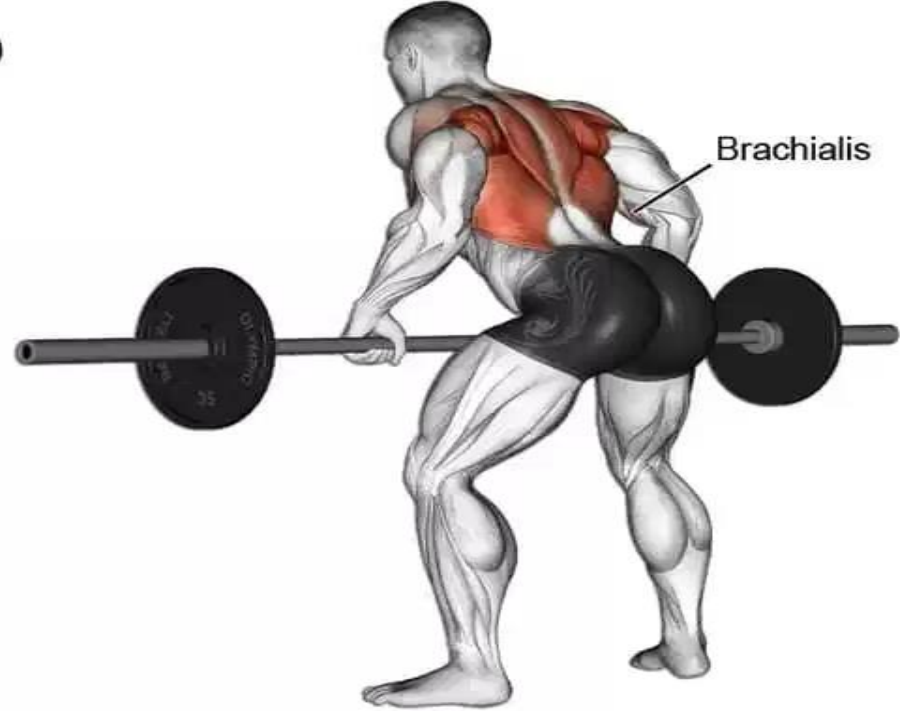
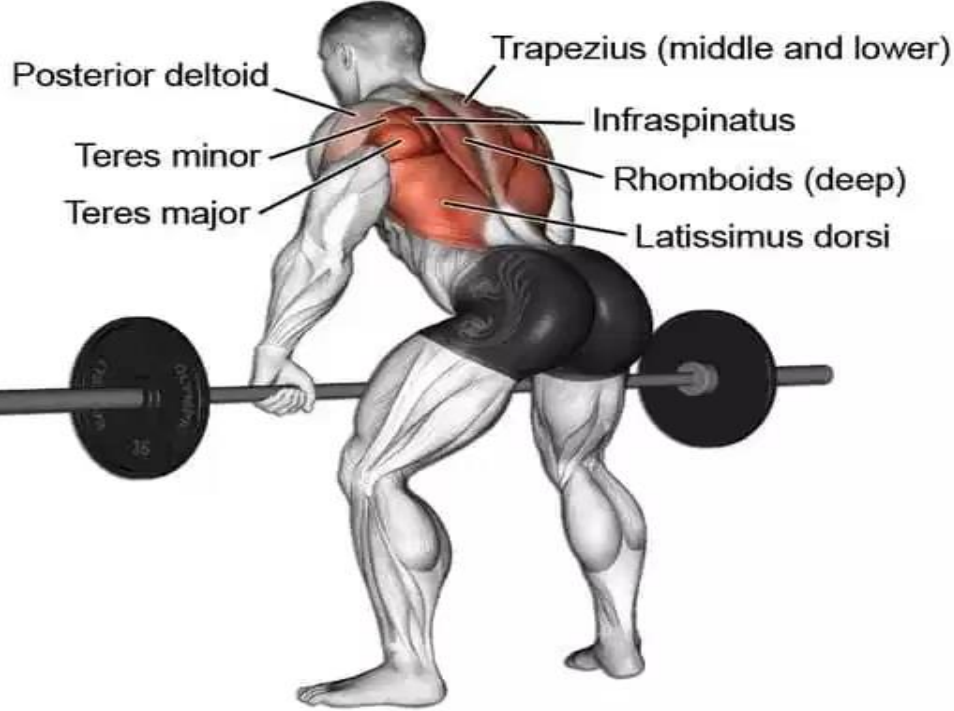


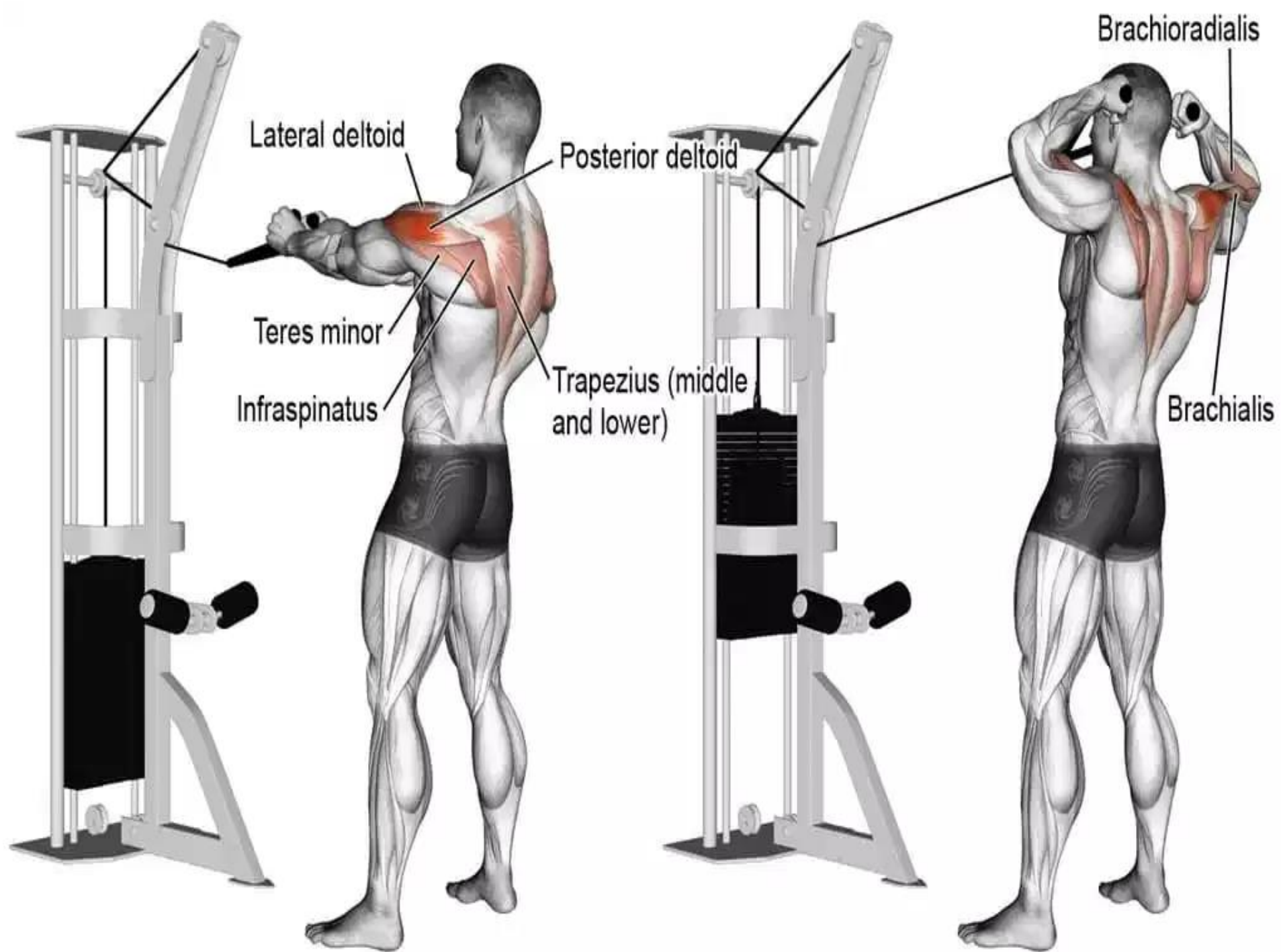
العضلات العاملة في تمرين العقلة



العضلات العاملة في تمرين السحب العالي









Posterior deltoid

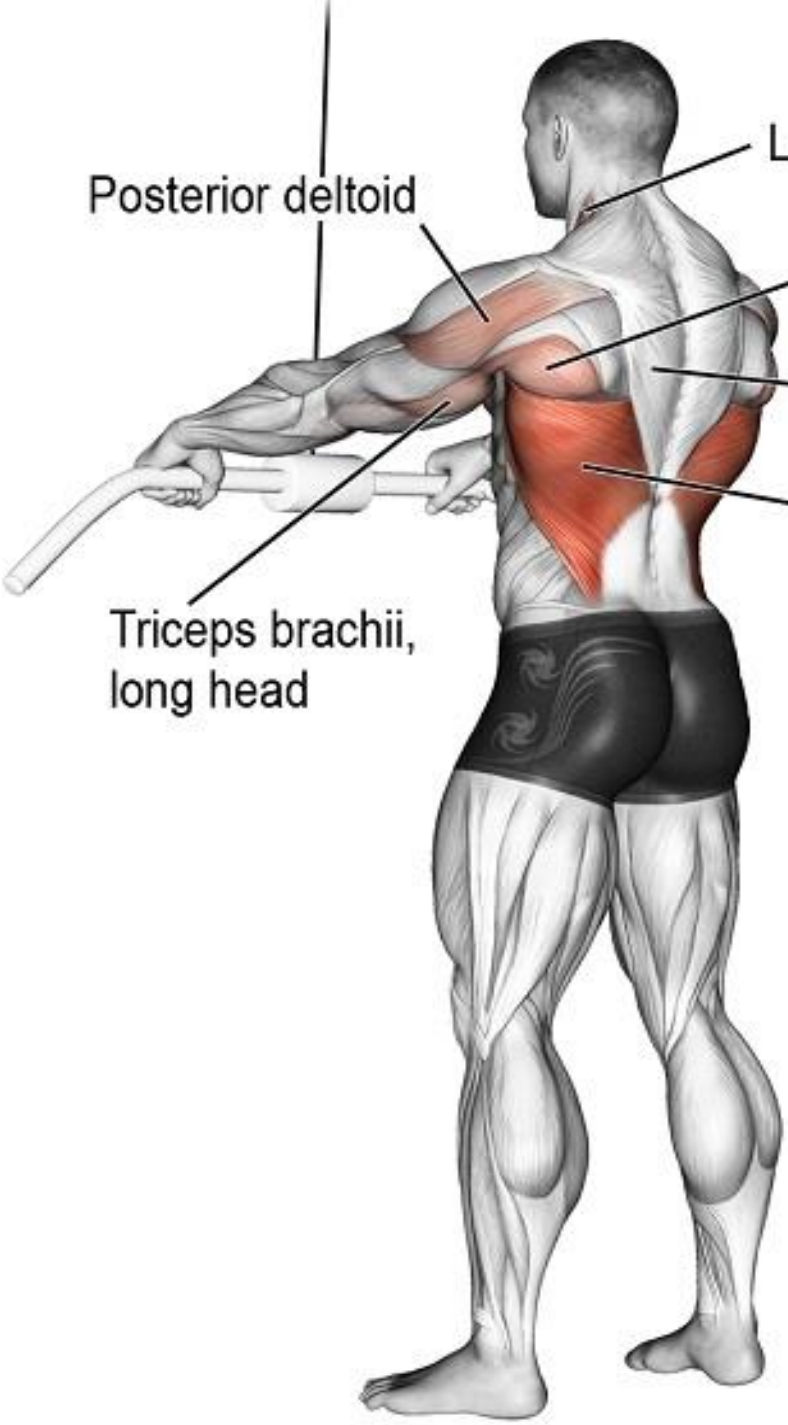
Levator scapulae

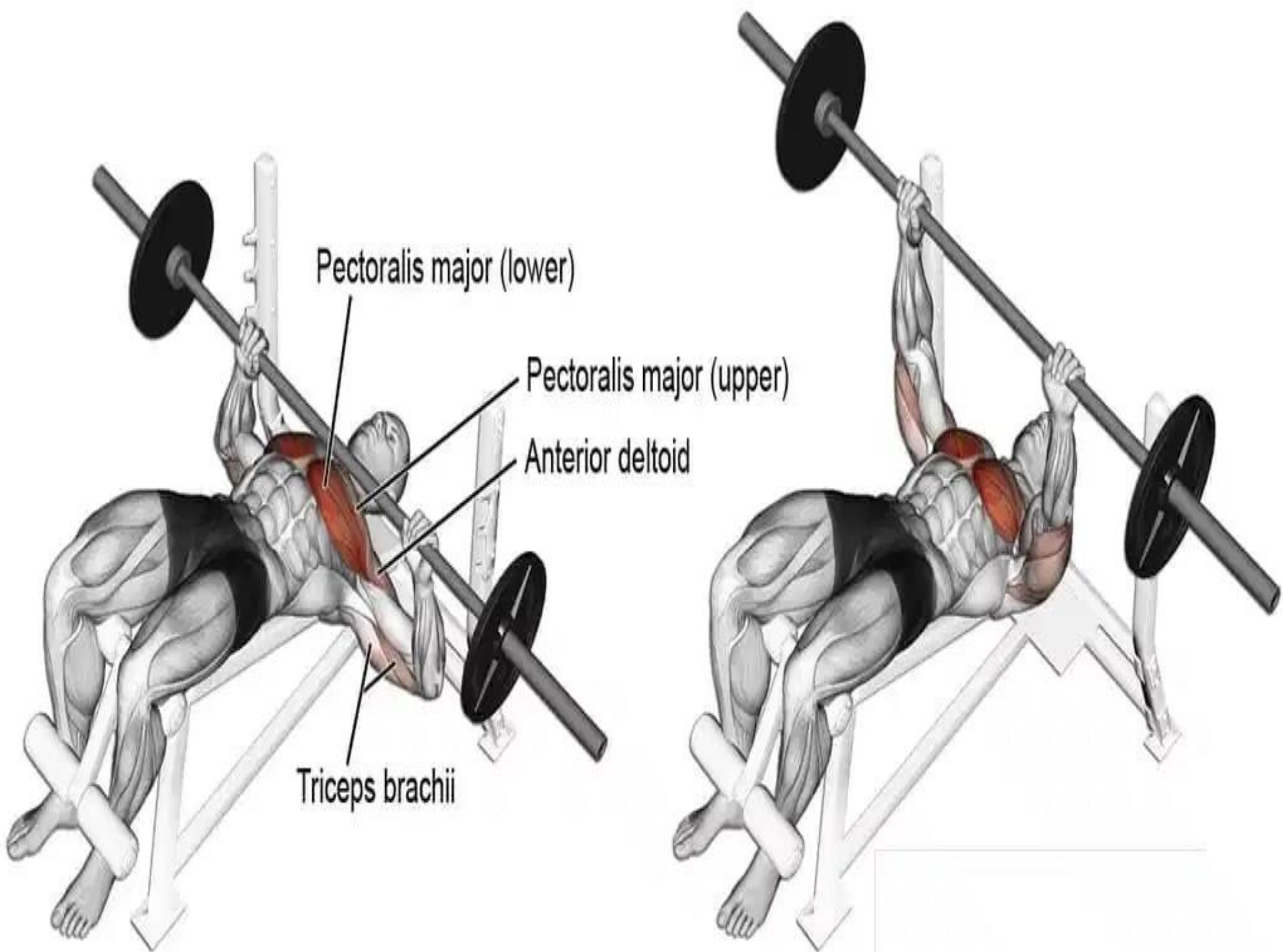
Teres major

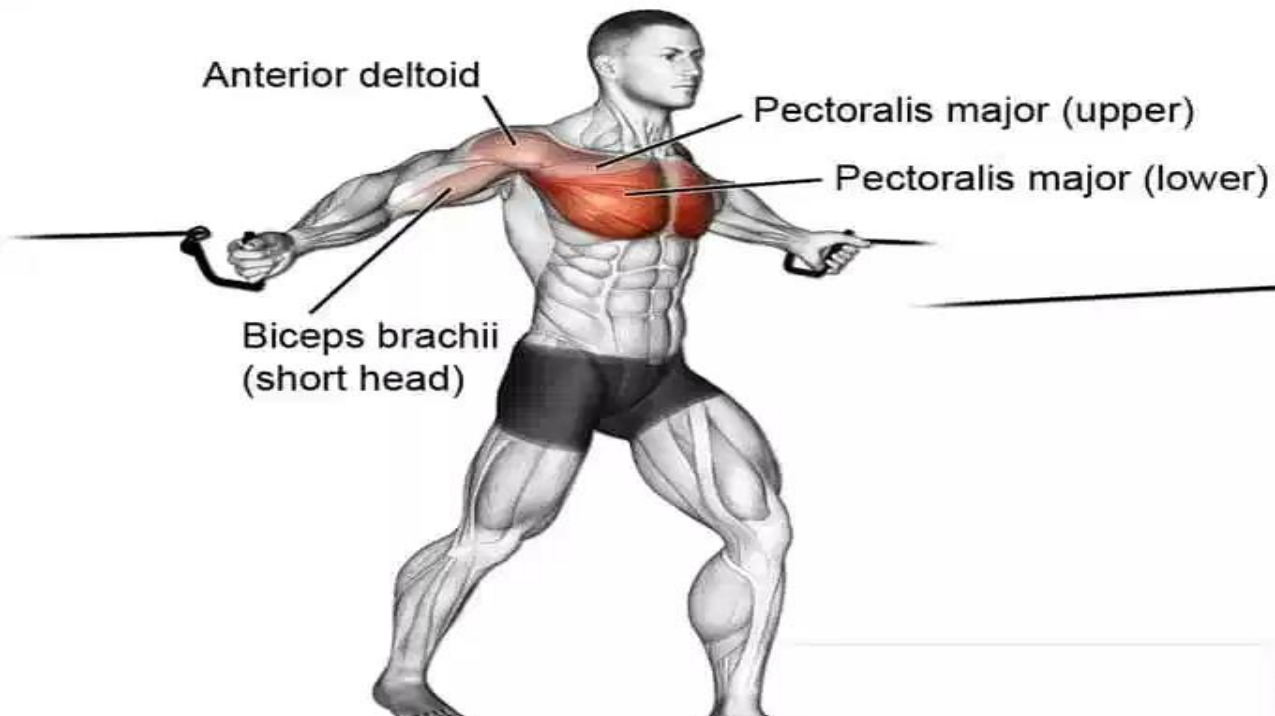
Rhomboids (deep)

Latissimus dorsi

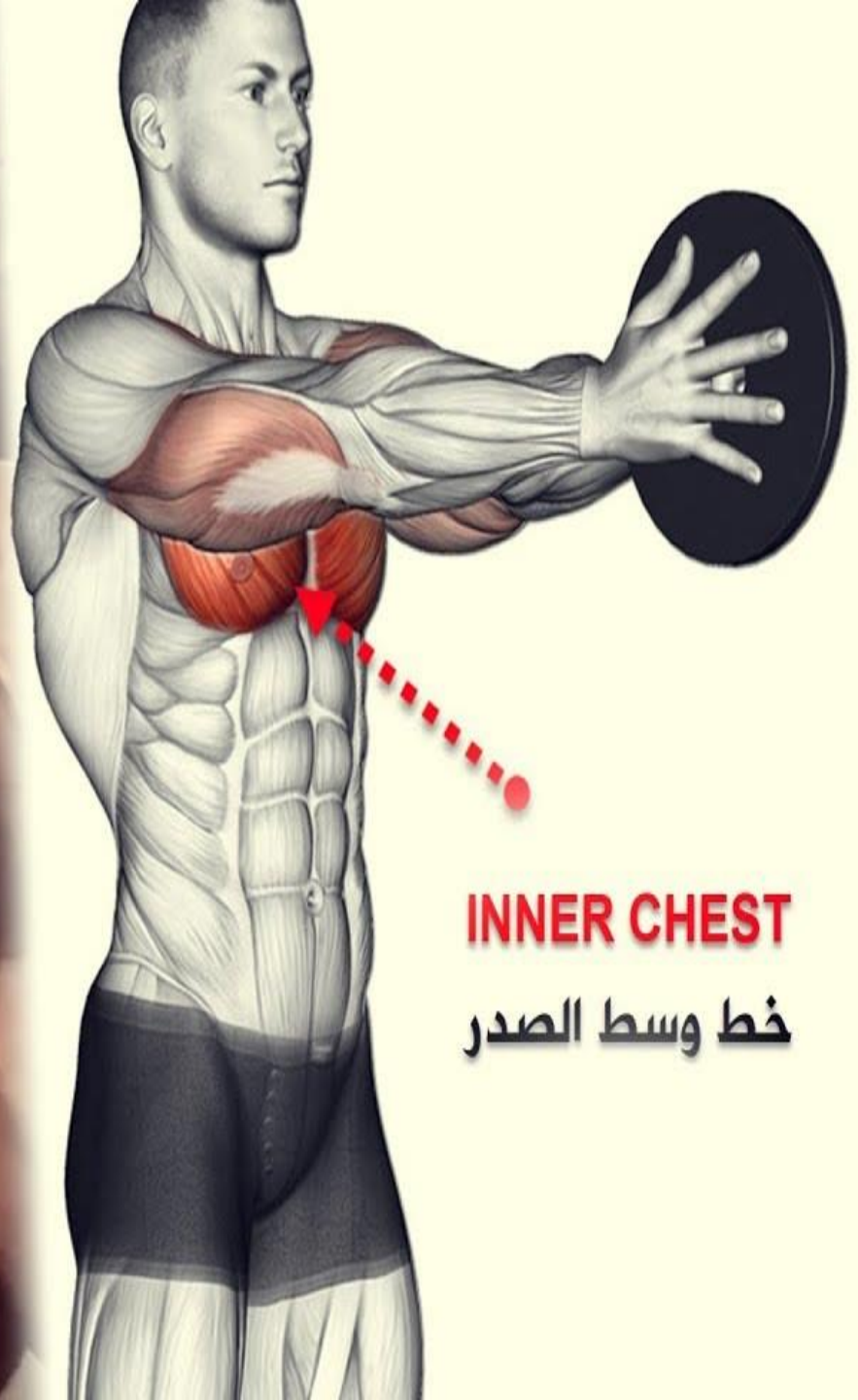
Triceps brachii,
long head







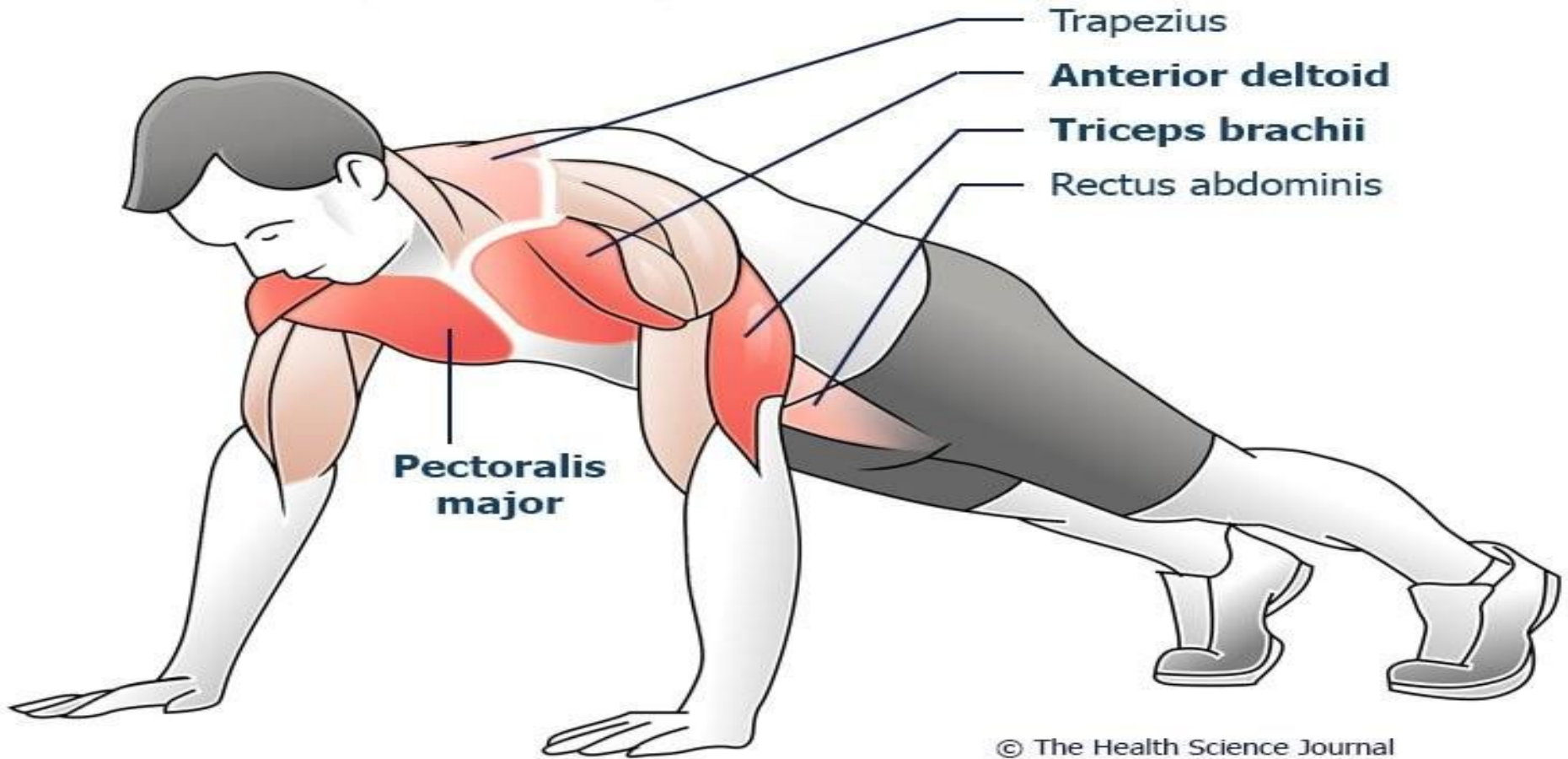




INNER CHEST

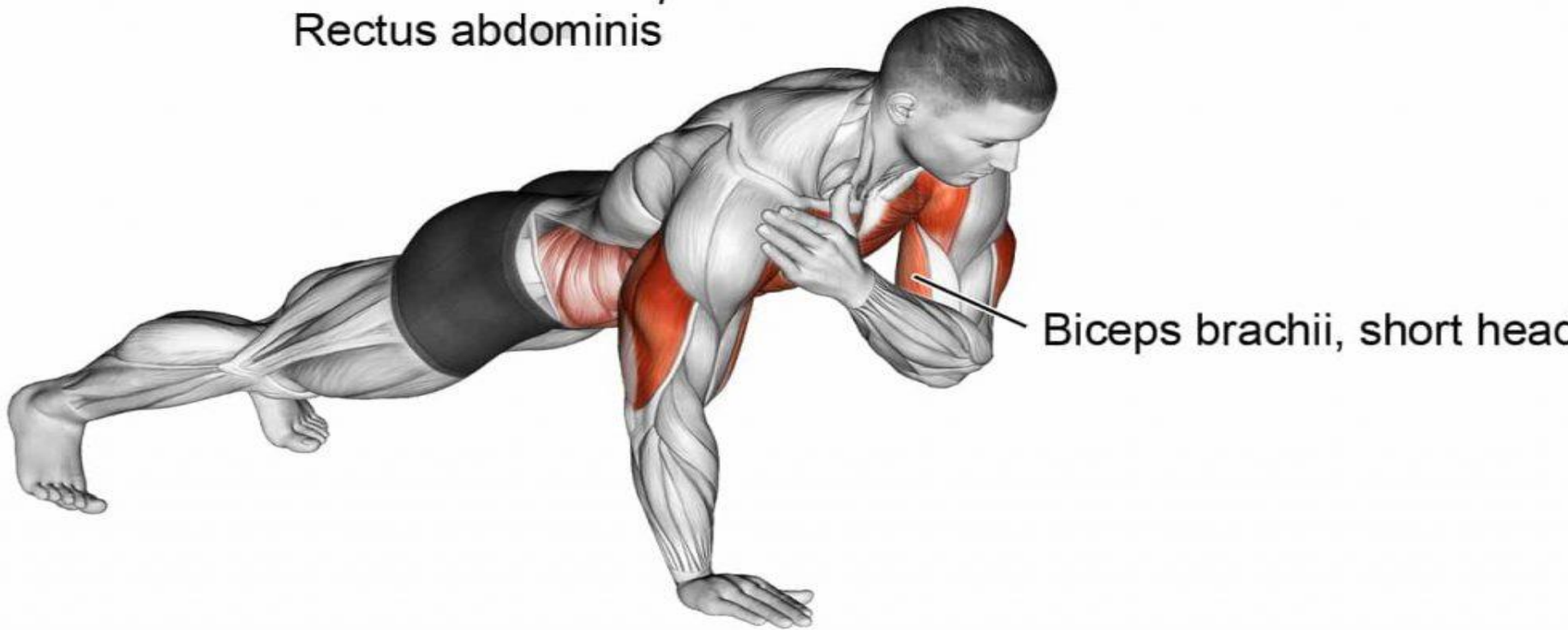
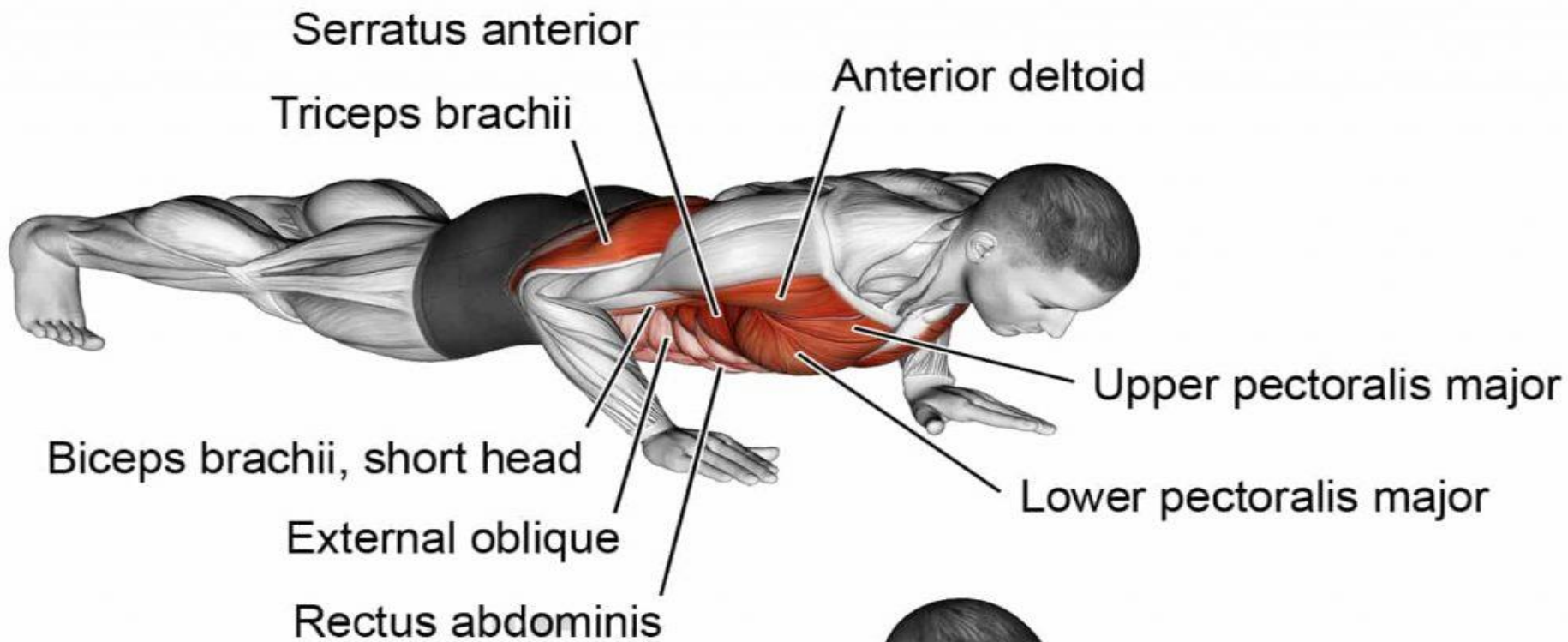
خط وسط الصدر

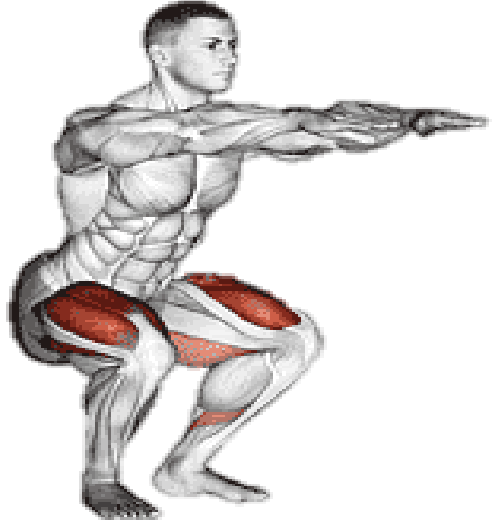
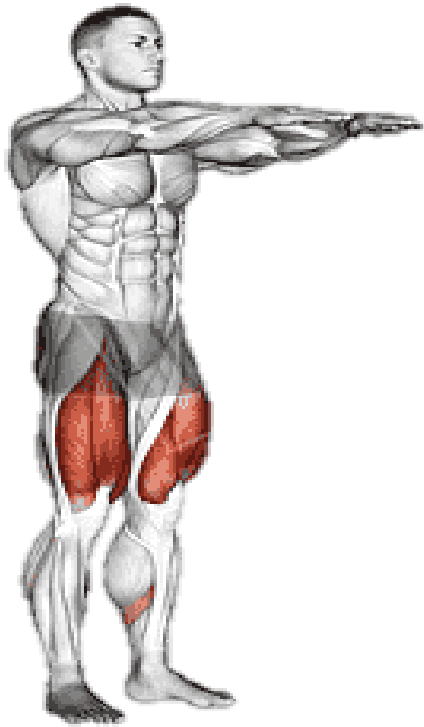
Close Grip Push-Up



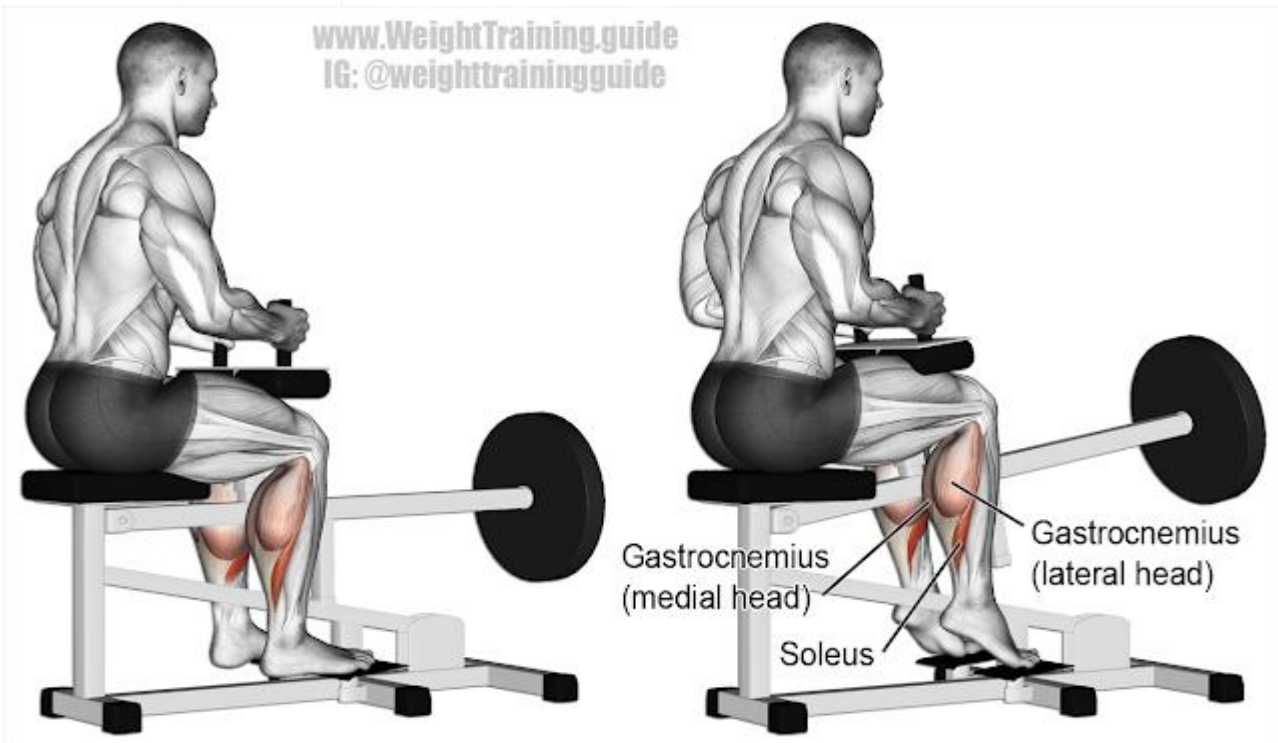
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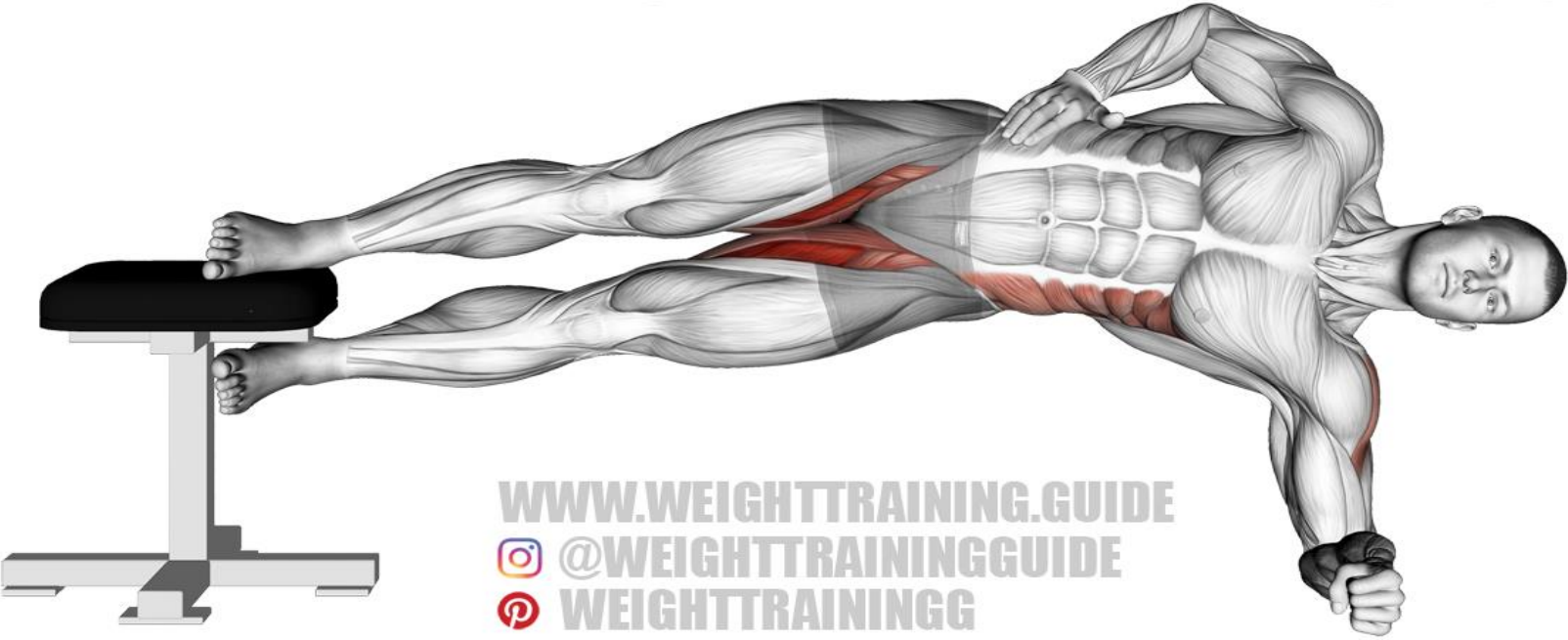
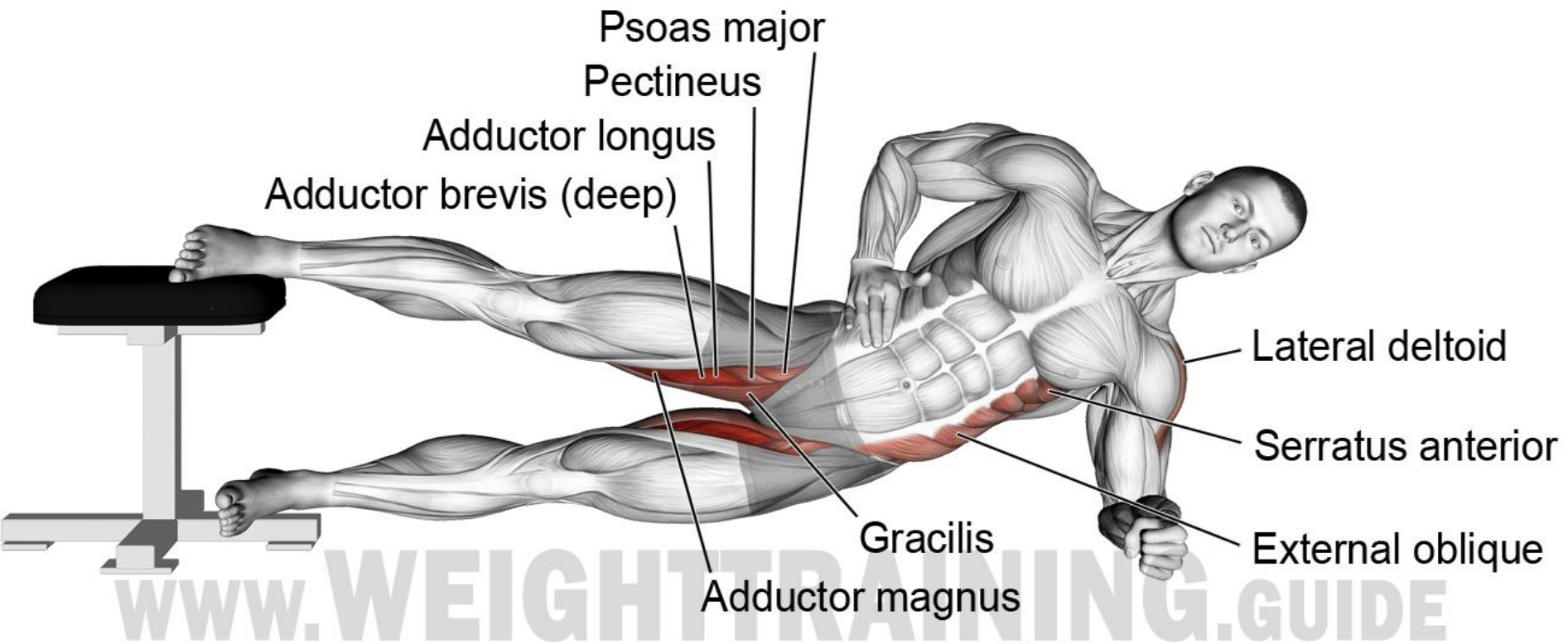


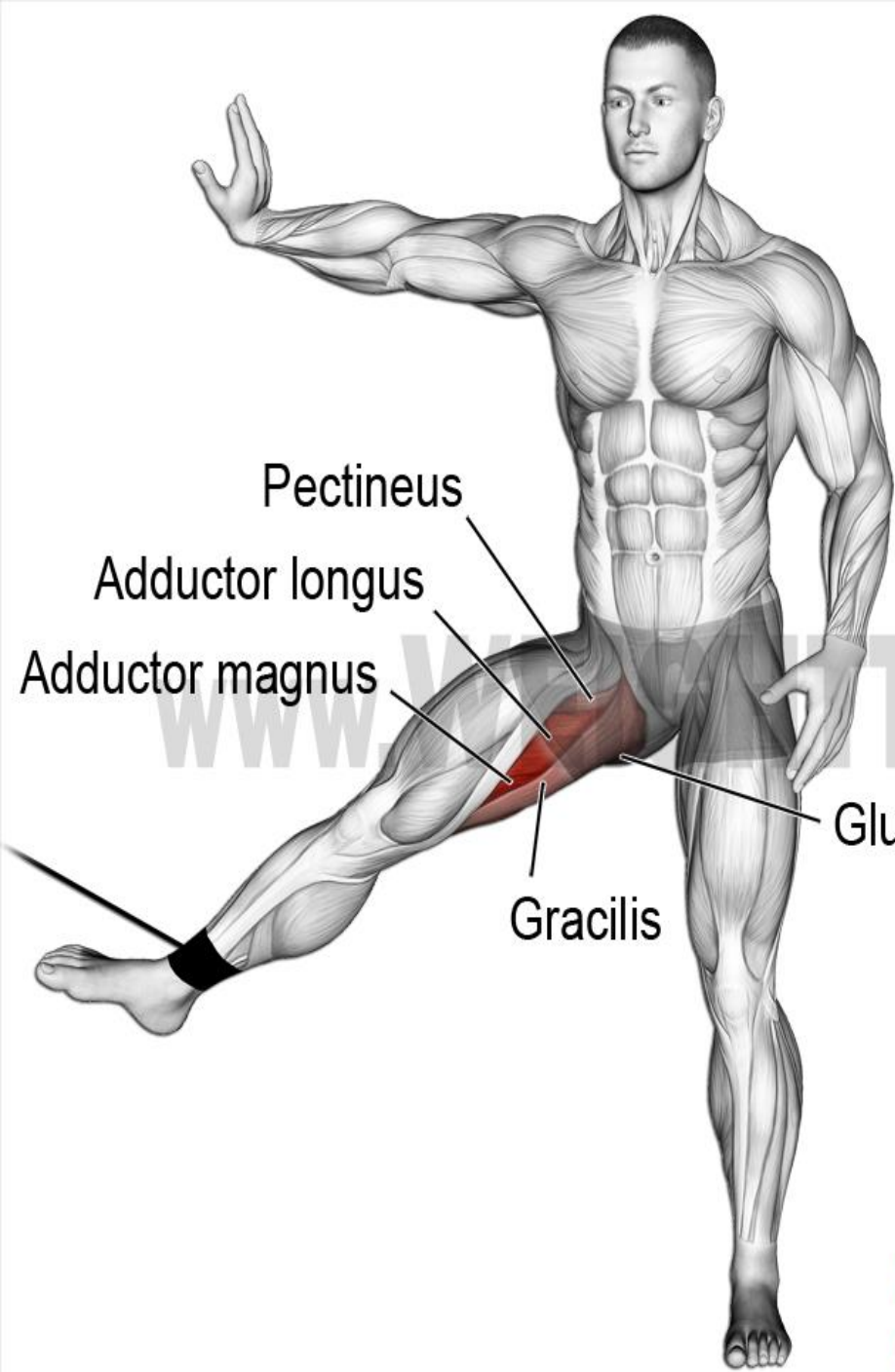




تمرين السمانة







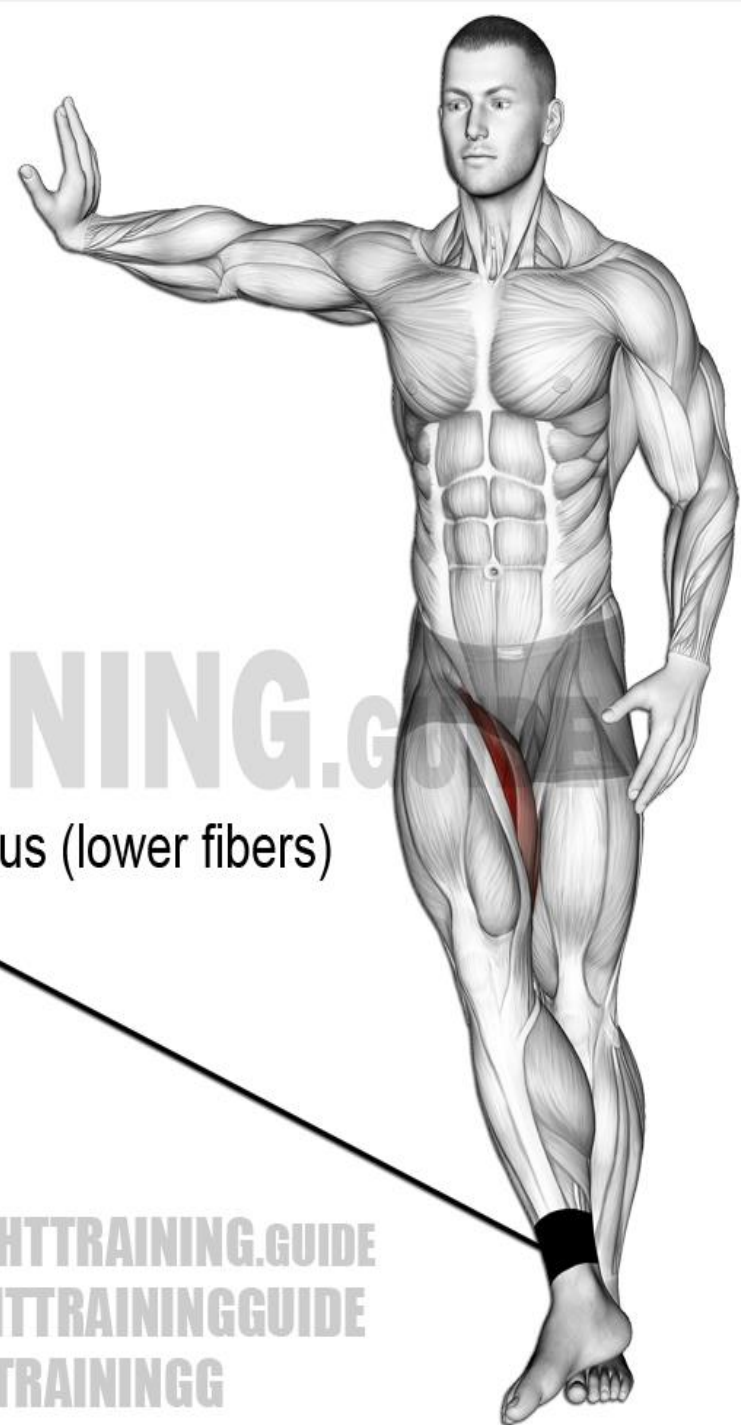
Pectineus

Adductor longus

Adductor magnus

Gracilis

Gluteus maximus (lower fibers)



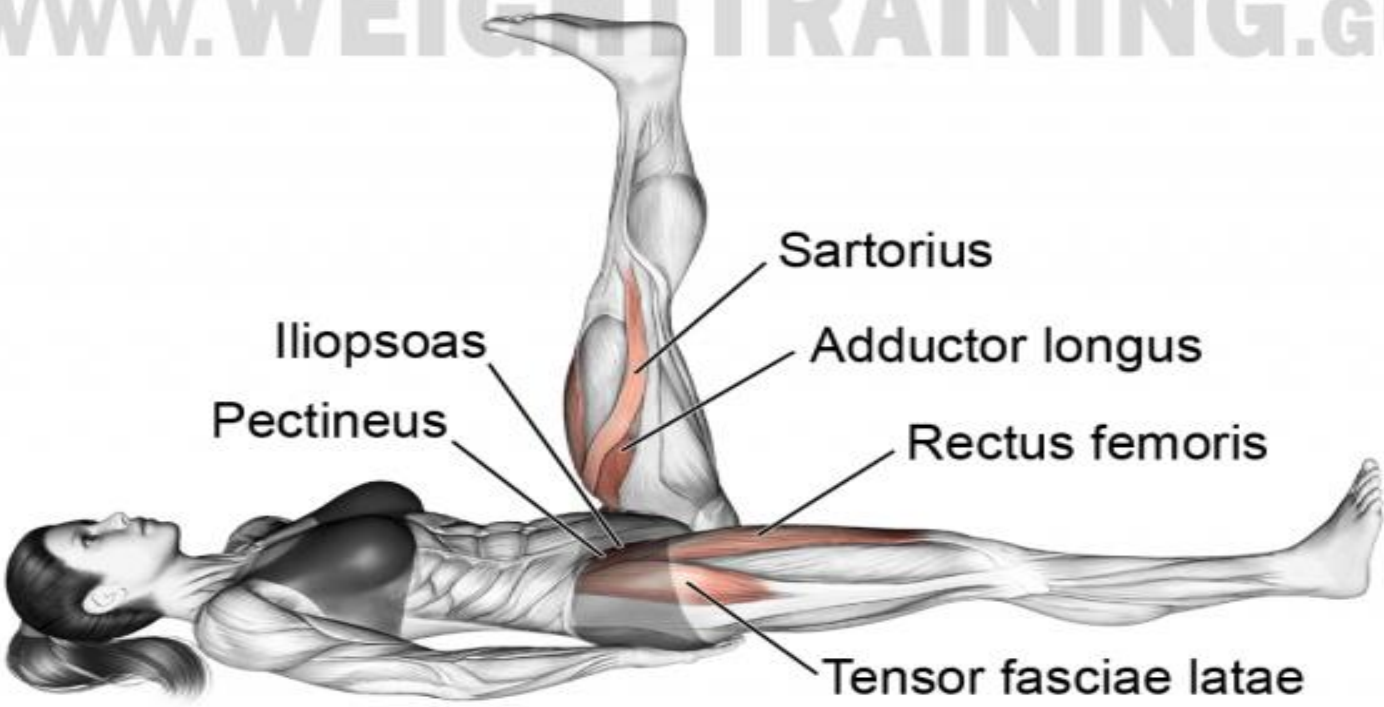
WWW.WEIGHTTRAINING.GUIDE

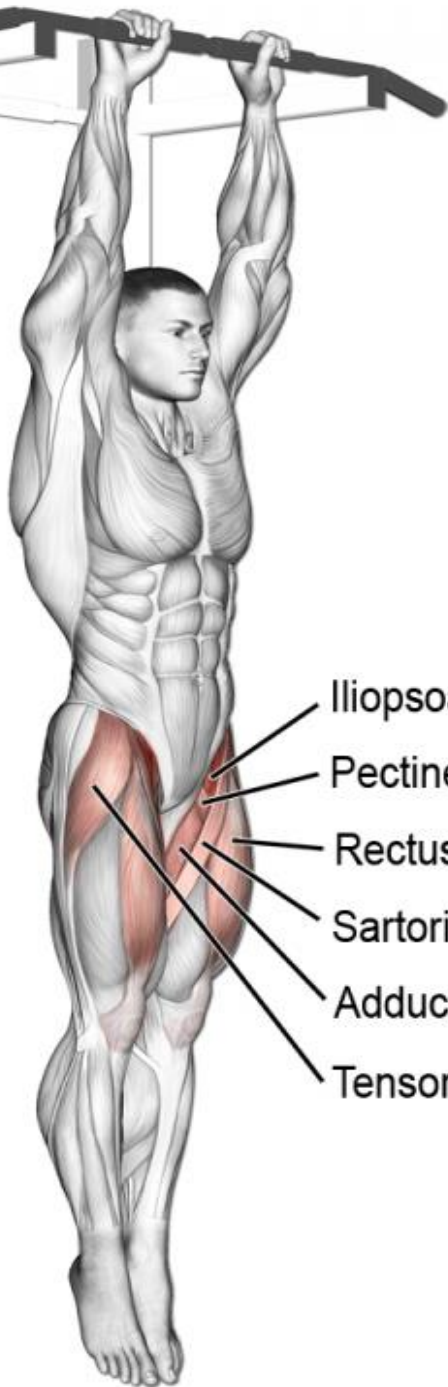
IG @WEIGHTTRAININGGUIDE

PIN WEIGHTTRAININGG

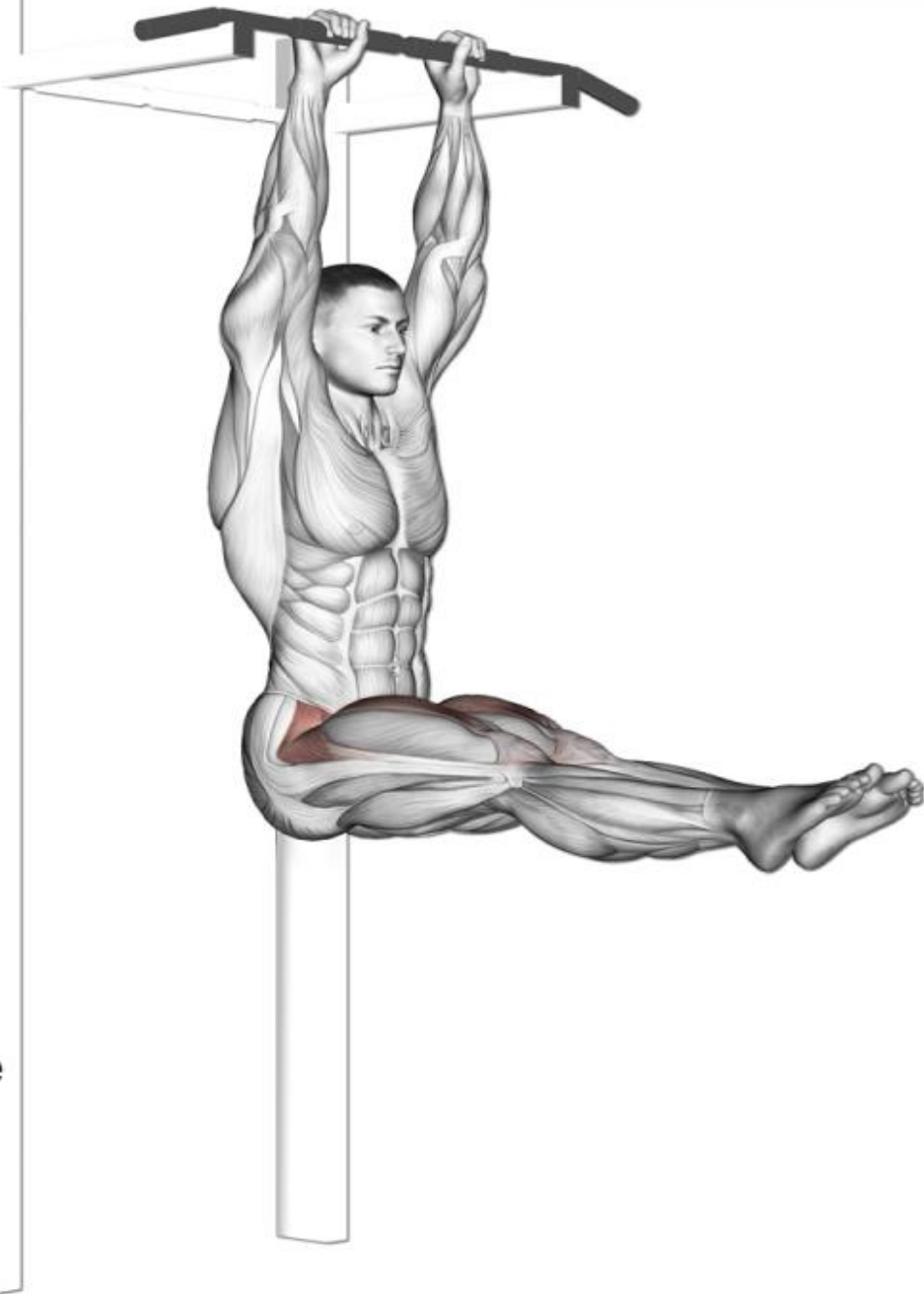


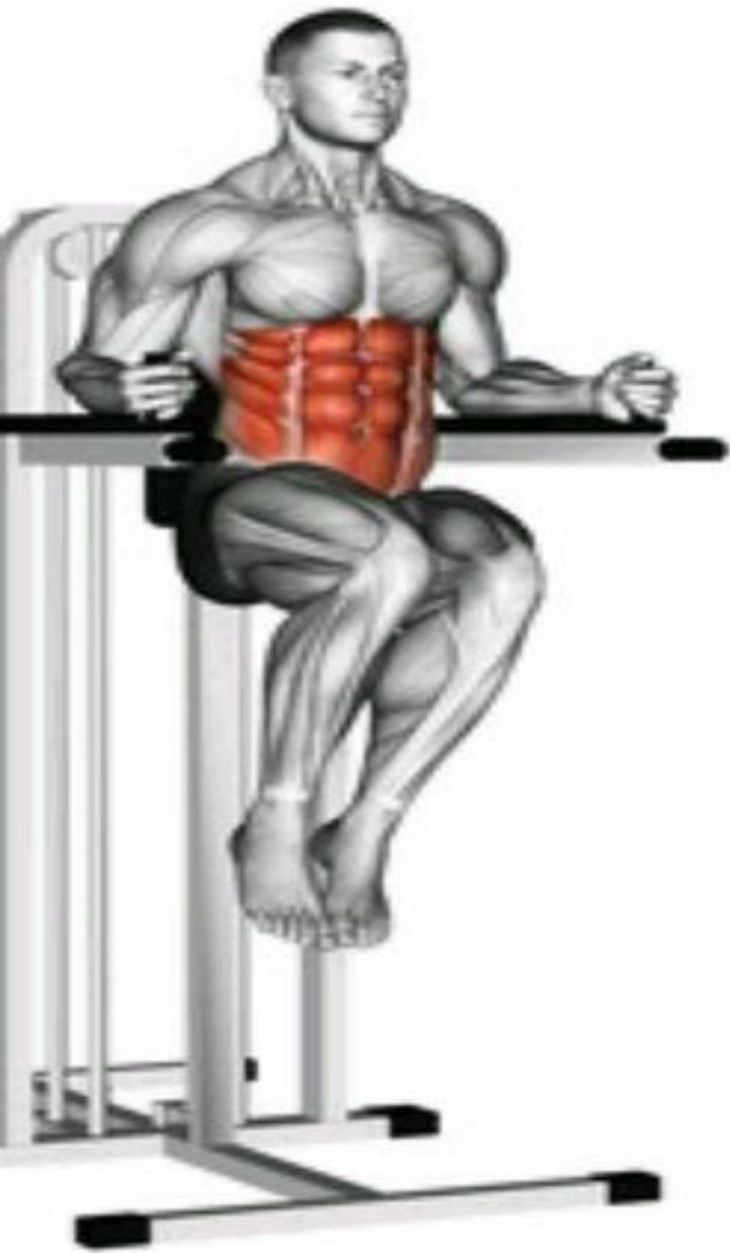
WWW.WEIGHTTRAINING.GUIDE





- Iliopsoas
- Pectineus
- Rectus Femoris
- Sartorius
- Adductor longus
- Tensor fasciae latae





شكراً لحسن إستماعكم

وفقتي الله وإياكم

ونسألكم صالح الدعاء

محمد
عبد
المنعم

