The Forgotten Five: 5 Least Targeted Muscles

When working out, it’s easy to target the more popular muscles like chest, biceps, and quads, but there are a few muscles that sometimes get left out. Here is a countdown of least exercised muscles along with some exercises to target them.

5. Triceps
   Tricep Kickbacks
   Tricep Extension
   Skull Crushers

4. Calves
   Standing Calf Raise (with or without weights)
   Seated calf raise (with or without weights)

3. Oblique’s
   Side bends
   Wipers
   Side crunch
   Plank Dips

2. Lower Back
   Back Extension
   Good Mornings
   Superman

1. Rear Delts
   Bent Row
   External Shoulder Rotation (cable or dumbbell)
   Bent Flys