



Get Fit. **Life Tip.**

Body 101 – Shoulders (Part 1)

Even though all of the muscles that we are discussing are located in the back, they all play a major role in stabilization and functionality of the scapula (shoulder blades).

Muscle	Location	Function
Latissimus Dorsi	Upper, middle and lower back	Raises arms over the head and rotating outward
Serratus Anterior	Under the armpits	Allows shoulder blades to round forward and pull back
Rhomboids	Deep in the back underneath the latissimus dorsi	Helps the scapula pull down and back
Trapezius (made up of 3 parts: upper, middle and lower)	Along the spine through the neck	Upper: Helps to flex, extend and rotate the neck Middle: Helps to retract (pull back) the scapula Lower: Helps to pull the scapula down (lowering of shoulder blades)

Having strong and balanced latissimus, rhomboids, serratus and trapezius muscles is important not only for good posture but also to prevent pain in the neck, shoulders and back.

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