



Get Fit. **Life Tip.**

## Body 101 – Shoulders (Part 2)

Part 1 of the Body 101 – Shoulders talked about some of the lesser known muscles that play a role in the stabilization and movement of the shoulders. This week we are talking about the muscles that we all associate with the shoulder and are most visible. It is important to strengthen all of the muscles in your body in order to have optimal performance.

Muscle	Location	Function
Levator Scapulae	Vertical from the scalp thru C-4 of the spine	Neck extension, lateral flexion, and rotation; downward rotation of the scapulae (shoulder blades)
Pecorals Major (aka chest)	Upper chest	Flexion, horizontal adduction (arm in from of you and pulling inward) and external rotation
Pectoralis Minor	Upper chest near the armpit	Rounding of shoulder blades
Deltoids (Made up of the Anterior, Middle and posterior)	Creates the roundness of the shoulder	Moves arm in all directions, crucial for assisting in all upper body movement, prevents from dislocating shoulder
Biceps Brachii (guns)	Front of the arm	Flexing and extending the elbow and supination of the elbow join and should flexion
Triceps	Back of the arm	Speeding up elbow extension as well as shoulder extension and slows down elbow flexion

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