

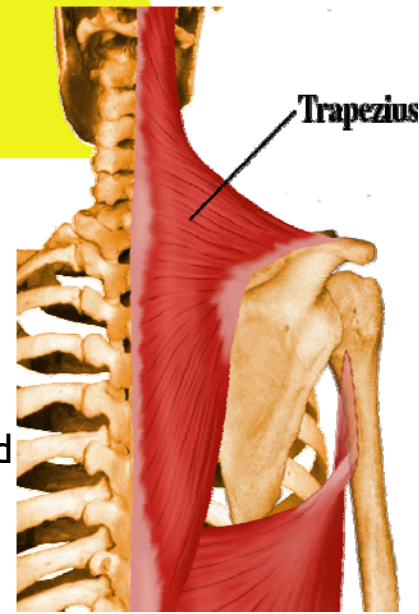
# MUSCLE OF THE MONTH



## Trapezius

The Trapezius is located along the upper back and shoulder region. The Trapezius or “Traps” originates on the spine - Ligamentum Nuchae, Cervicle vertebrae (C7), and

The thoracic vertebrae (T1,T2-5), and inserts onto the medial Border of the scapula. The traps are responsible for adduction and downward movement of the scapula.



## EXERCISES

### Upright Row



### Shrugs



### Pointers

#### Upright Row

1. Stand with your feet shoulder-width apart and your knees slightly bent.
2. Hold the weights side by side at thigh level, keeping your palms toward your thighs.
3. Slowly bring the weights up to your collar bone, until your elbows are about shoulder height. Keep your shoulders down and relaxed as you lift. If you find you are shrugging your shoulders up toward your ears, your weights may be too heavy.

#### Shrugs

1. Standing straight with a slight bend in the knees, hold the bar bell with hands over the top.
2. keep hands either side of hips and raise shoulders up.
3. Return back to your starting position. Ensure you don't arc your back or lift your arms.

Resistance training is all about keeping your muscles under tension. Always ensure your repetitions are done slowly and in a controlled manner.

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