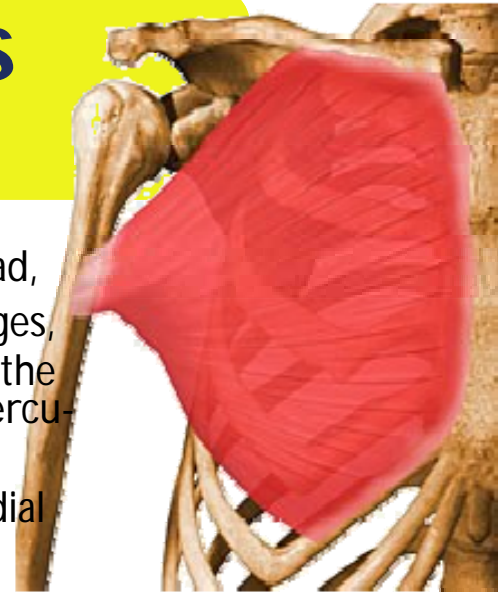


# MUSCLE OF THE MONTH

## Pectoralis Major



Originating on the clavicle head, Sternocostal head, superior six costal cartilages, And the aponeurosis of the external oblique, the Pectoralis major inserts onto the lateral lip of the intertubercular groove of the humerus, and is the big chest muscle also known as "pecs". The pectoralis major is adducting and medial rotation of the humerus, and draws the scapula (shoulder blade) both anteriorly and inferiorly.

## EXERCISES

### Chest Fly



### Push Ups



### Pointers

#### Fit Ball Chest Fly

1. Lay on your back with shoulder blades on the fit ball.
2. Keep your hips up and core abs contracted, start with dumbbells up above your chest.
3. Keep the fit ball still and lower the dumbbells down to the height of the ball. Remember to keep the ball still and keep a slight bend in your elbows.

#### Push Ups

1. Laying on your stomach, have hand shoulder width apart, and under your shoulders.
2. Come up on your toes or knees and keep your hips and neck straight.
3. Lower yourself down and up keeping your back straight and breathing out as you come up.

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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