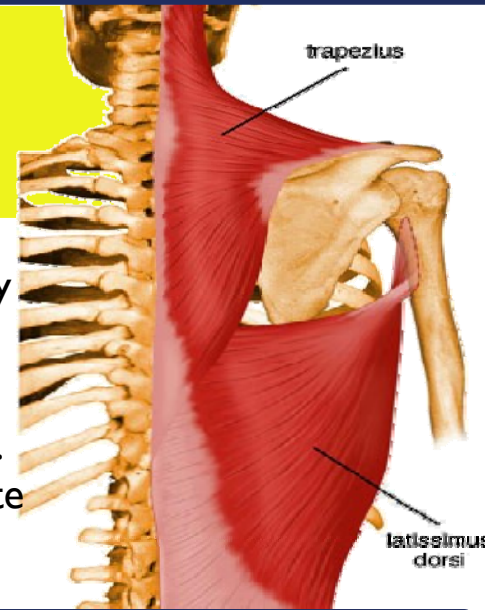


MUSCLE OF THE MONTH

Latissimus Dorsi



The Latissimus Dorsi, commonly known as the “lats” originates on the Spinous process of the inferior 6 thoracic vertebrae, and inserts onto the intertubercular groove of the humerus. The role of the lats are to extend, adduct, and medially rotate the humerus, as well as raising the body towards the arms.



EXERCISES

Single Arm Row



Pointers

1. Start with one knee on the bench.
2. Ensure hips are up and back is straight.
3. Keep neck straight and chin up.
4. Keep the leg on the floor slightly bent at the knee.
5. Starting with arm straight raise dumbbell to your chest.
6. Ensure a high elbow and squeeze of the shoulder blade.
7. Lower dumbbell back down.

Visit www.trenchhealth.com.au for previous muscles of the month

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