

ENERGY
360

UPPER BACK

The muscles in the group are:

TRAPEZIUS

This is broad, flat and triangular in shape. It is responsible for elevating and retracting the scapula (shoulder blade) and when the arm abducts (moves away from the body's centre line), it rotates the scapula.

LATISSIMUS DORSI

The latissimus dorsi muscles, known as the lats, are the large V-shaped muscles that connect your arms to your vertebral column. They help protect and stabilize your spine while providing shoulder and back strength. Your lats also help with shoulder and arm movement and support good posture.

LEVATOR SCAPULAE

This is a smaller muscle attached between the neck and scapula. Its main function is to elevate the scapula.

RHOMBOIDS

As shown in the diagram, there are two muscles, major and minor. Both muscles are responsible for the retraction and rotation of the scapula.