

Fitness Floor Basics

Muscle Monday:

Latissimus Dorsi

Location:

- From mid to low back
- Wrapping around side of mid torso

Action:

- Shoulder adduction
- Shoulder extension and internal rotation

Activities of Daily Living:

- Pulling open a heavy door.
- Pulling yourself up using a handle.
- Bracing the spine during heavy lifts (ie. Furniture/Boxes).

Exercise Examples:

- Vertical Pulls (ie. Pull-ups, Chin-ups, Pulldowns)
- Horizontal Pulls (ie. Barbell row, Dumbbell row, Seated row)
- Shoulder Extension with straight arms (ie. Pullovers)
- Spinal Stability (ie. Deadlifts)

Stretching:

- Lateral Hang (Stretch Cage)
- Ball/Wall Straight Arm Stretch
- Child's Pose



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