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