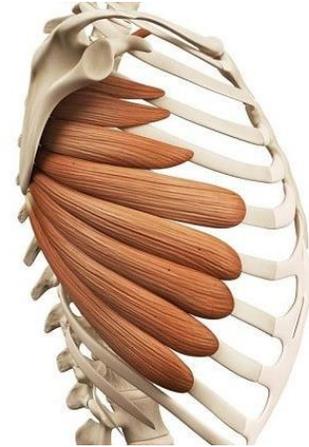


# Fitness Floor Basics

## Muscle Monday:

### Serratus Anterior



#### Location:

- -1<sup>st</sup> to 9<sup>th</sup> ribs
- attaches to the medial border of the anterior surface of the scapula

#### Action:

- Protraction and rotation of the scapula (allows elevation of the arm)
- Stabilization of the scapula / hold scapula against thoracic wall
- Assists with respiration (lifting the ribs)

#### Activities of Daily Living:

- Throwing a punch
- Carrying heavy objects in front of the body

#### Exercise Examples:

- Check out our Tips from the Trainer you tube video by searching “tips from the trainer – serratus anterior activation”  
<https://www.youtube.com/watch?v=JOj7AJZckr0&list=PLBGba5pQLG7sskDvmdY3eUH8NSUBOcO9L&index=3>
- Supine DB punch
- Scapula raises
  - Start by lying on the ground with your knees bent. Place your hands on your thighs with your thumbs pointed towards your head. Pull your shoulder blades towards the ground (this will depress and tip them posterior slightly).



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With your elbows straight, raise your arms over your head as far as you can with a slight angle away from your body (about 30 degrees). As you lift your arms above your head, try to keep your shoulder blades pinned to the ground. **This action requires your serratus anterior to kick on in order to efficiently move your shoulder blade.** If this does motion does not take place, impingement of the shoulder joint can occur

### Stretching:

- Overhead straight arm stretch
- Overhead straight arm stretch with lateral lean
- Child's pose



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