

muscle exercises encyclopedia pdf

The gross anatomy of a muscle is the most important indicator of its role in the body. There is an important distinction seen between pennate muscles and other muscles. In most muscles, all the fibers are oriented in the same direction, running in a line from the origin to the insertion.

Muscle - Wikipedia

The latissimus dorsi (/lætɪˈsɪmɪs dɔːrʃi/) is a large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the trapezius on the back near the midline. The word latissimus dorsi (plural: latissimi dorsi) comes from Latin and means "broadest [muscle] of the back", from "latissimus" (Latin: broadest) and "dorsum" (Latin: back).

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