

Trunk, Front & Back Muscles

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s	v	s	p	i	n	a	l	i	s	c	a	p	i	t	i	s	j	s	l	s	s	s	i	
u	i	i	l	e	p	i	n	t	e	r	t	r	a	n	s	v	e	r	s	i	i	u	c	
t	s	c	l	o	c	e	s	t	e	r	e	s	m	a	j	o	r	i	s	c	c	p	u	
i	d	i	a	i	u	t	c	r	o	n	i	m	s	e	r	e	t	o	i	a	i	r	t	
p	l	v	s	r	o	i	o	t	o	t	p	e	l	r	n	a	i	v	i	r	v	a	s	
a	t	r	i	i	o	c	s	r	o	t	p	m	t	i	s	o	r	e	i	o	r	s	c	
c	m	e	c	r	e	h	o	u	a	r	a	t	p	r	r	e	t	i	i	h	e	p	u	
s	i	c	a	r	o	h	t	s	i	l	a	t	s	o	c	o	i	l	i	t	c	i	r	
i	i	s	r	o	r	i	i	s	t	v	i	l	o	s	c	m	o	s	r	s	s	n	r	
l	s	i	o	s	n	h	r	n	i	a	a	s	i	r	i	n	j	t	c	u	u	a	i	
a	p	l	h	p	i	l	o	e	f	l	l	m	s	g	o	i	l	t	m	m	t	n		
n	l	a	t	i	t	r	a	m	t	r	a	i	c	i	m	n	a	s	o	i	i	u	t	
i	e	t	s	n	o	r	o	t	b	n	a	n	s	b	n	a	o	r	a	s	s	s	e	
p	n	s	i	a	p	a	a	j	i	o	a	s	i	l	u	o	j	l	i	s	s	h	r	
s	i	o	l	s	i	h	p	a	s	i	s	p	p	u	s	r	o	a	i	i	o	s		
i	u	c	a	i	s	l	s	n	e	m	s	d	u	i	s	m	s	r	r	g	g	r	p	
m	s	o	n	s	r	i	i	t	u	z	d	i	m	t	n	i	b	s	c	n	n	t	i	
e	c	i	i	c	m	m	r	s	s	t	i	i	m	i	a	a	m	o	t	o	o	r	n	
s	a	l	p	e	i	e	c	t	s	i	a	u	o	u	n	r	t	e	r	l	l	o	a	
g	p	i	s	r	p	a	i	m	u	i	p	a	s	b	s	o	r	u	s	u	o	t	l	
l	i	s	o	v	p	s	u	d	i	f	i	t	l	u	m	d	r	e	s	i	m	a	i	
a	t	e	s	i	r	a	l	u	p	a	c	s	b	u	s	o	o	r	s	a	i	t	s	
i	i	l	t	c	d	e	l	t	o	i	d	h	r	o	s	m	h	r	i	u	s	o	r	
e	s	i	c	i	v	r	e	c	s	u	i	n	e	l	p	s	l	r	s	i	s	r	m	
i	s	r	a	s	l	e	v	a	t	o	r	s	c	a	p	u	l	a	e	i	t	s	n	

Deltoid
 Infraspinatus
 Levator scapulae
 Longissimus thoracis
 Rhomboid major
 Semispinalis thoracis
 Spinalis cervicis
 Subclavius
 Teres minor

Iliocostalis cervicis
 Interspinalis
 Long rotators
 Multifidus
 Rhomboid minor
 Serratus anterior
 Spinalis thoracis
 Subscapularis
 Trapezius

Iliocostalis lumborum
 Intertransversi
 Longissimus capitis
 Pectoralis major
 Semispinalis capitis
 Short rotators
 Splenius capitis
 Supraspinatus

Iliocostalis thoracis
 Latissimus dorsi
 Longissimus cervicis
 Pectoralis minor
 Semispinalis cervicis
 Spinalis capitis
 Splenius cervicis
 Teres major