

FIGURE 2 Rhomboid muscles (superior and inferior) contract to pull the top part of the scapula toward the spine. The superior rhomboid pulls the top part of the scapula toward the spine. The inferior rhomboid pulls the bottom part of the scapula toward the spine. This movement is called scapular retraction. The rhomboid muscles, particularly the inferior rhomboid, are important for the scapular retraction.



FIGURE 3 Rhomboid muscles (superior and inferior) contract to pull the scapula toward the spine. The superior rhomboid pulls the top part of the scapula toward the spine. The inferior rhomboid pulls the bottom part of the scapula toward the spine. This movement is called scapular retraction. The rhomboid muscles, particularly the inferior rhomboid, are important for the scapular retraction.

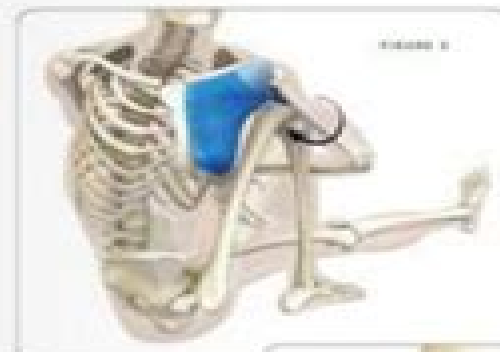


FIGURE 4

The pectoralis major muscle contracts to pull the arm forward and upward. The pectoralis major muscle is located in the chest. It contracts to pull the arm forward and upward. This movement is called arm flexion. The pectoralis major muscle is important for the arm flexion.

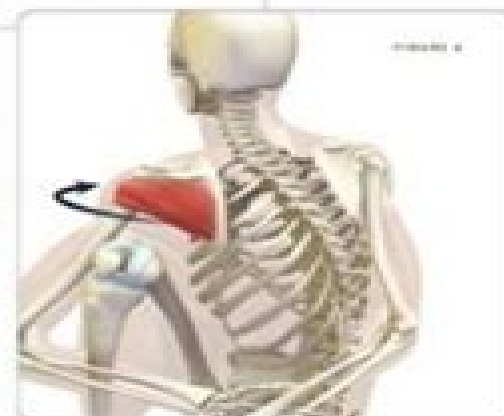


FIGURE 5

Yoga Mat Companion 3 Anatomy For Backbends And Twists

Xiaolong Qi



Yoga Mat Companion 3 Anatomy For Backbends And Twists:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Yoga Mat Companion 3 Anatomy For Backbends And Twists**

In a world inundated with displays and the cacophony of instant transmission, the profound power and mental resonance of verbal art frequently diminish in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, situated within the lyrical pages of **Yoga Mat Companion 3 Anatomy For Backbends And Twists**, a fascinating function of fictional splendor that impulses with raw thoughts, lies an unique journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this interesting opus manuals readers on a psychological odyssey, softly exposing the latent possible and profound impact embedded within the elaborate web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is key themes, dissect its captivating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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