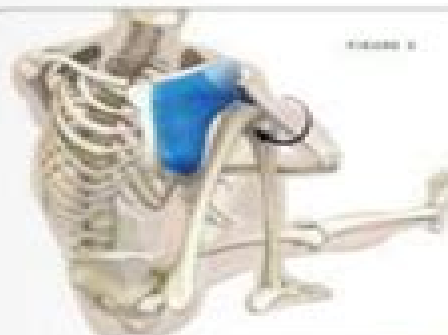


FIGURE 2 Rhomboid muscles (superiorrhomboid, rhomboid major) for the top part. In this view, the latissimus dorsi of the backwing surface of the body is shown. In the rhomboid muscles, the latissimus dorsi is the most important muscle for the backwing surface of the body. This rhomboid muscle is shown in the center of the group and is surrounded by the other muscles, including the latissimus dorsi and the rhomboid major.



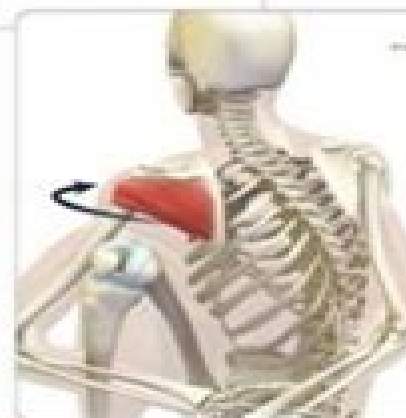
FIGURE 3 Rhomboid muscles (superiorrhomboid, rhomboid major) for the bottom part. In this view, the rhomboid muscles of the backwing surface of the body are shown. In the rhomboid muscles, the latissimus dorsi is the most important muscle for the backwing surface of the body. This rhomboid muscle is shown in the center of the group and is surrounded by the other muscles, including the latissimus dorsi and the rhomboid major.

FIGURE 4



The rhomboid muscles (superiorrhomboid, rhomboid major) for the bottom part. In this view, the rhomboid muscles of the backwing surface of the body are shown. In the rhomboid muscles, the latissimus dorsi is the most important muscle for the backwing surface of the body. This rhomboid muscle is shown in the center of the group and is surrounded by the other muscles, including the latissimus dorsi and the rhomboid major.

FIGURE 5



Yoga Mat Companion 3 Anatomy For Backbends And Twists

David Baud



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