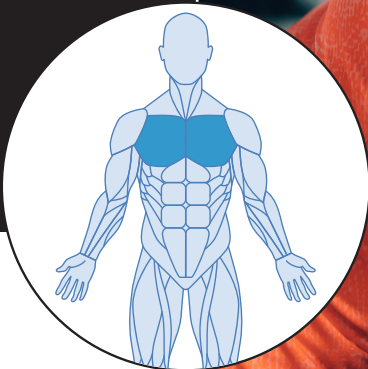


MUSCLE OF THE MONTH



## CHEST

The chest forms part of a larger group of “pushing” muscles in the upper body and is made up of three muscles: pectoralis major, minor and the serratus anterior.

### **PECTORALIS MAJOR**

This is the larger of the chest muscles and is responsible for adduction of the arms, rotation of the arm forward and when the arms are raised in a fixed position (like you are wall climbing) it works with the teres major and the latissimus dorsi to pull your torso upwards.

### **PECTORALIS MINOR**

This muscle sits below the pectoralis major and it attaches into the scapula. It is responsible for pulling the shoulder forward and down.

### **SERRATUS ANTERIOR**

Also known as the “boxer’s muscle”. Although it might not be a true chest muscle, it is classed in this group because of its attachment on the ribs near the pectoral muscles.