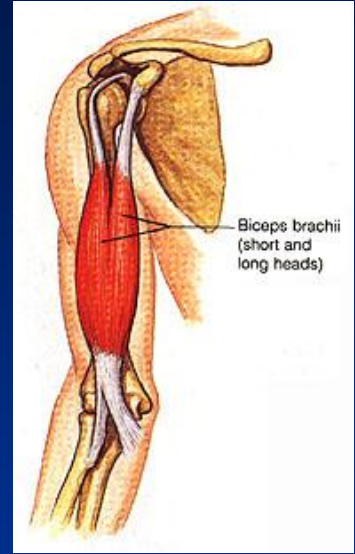


Rhomboids

Biceps and Rhomboids



Biceps



Biceps

Scientific name: *musculus biceps brachii*

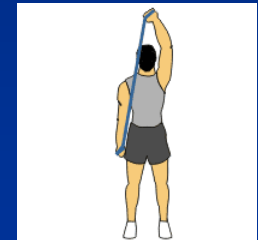


Functions:

- Flexes forearm and elbow
- Turns palm
- Brings arm forward and upwards, out to the side, and across the body

Training/Exercises:

- Strengthening exercises
 - weight lifting: Get a specific weight that is right for you and lift it up and down with your hand.
 - resistance band: Get a resistance band. Put it behind your back, with one hand above the cranium and one below the gluteus maximus. Stretch or pull with both hands.
- Stretching exercises
 - standing biceps stretch: Clasp hands behind the back with the palms together. Straighten and rotate arms (inside down) so palms turn downward. Raise arms away from body.



Origin and Insertion:

- the short head of the biceps originates from the coracoid process at the top of the scapula. The long head originates from the supraglenoid tubercle.
- Both heads join on the middle of the humerus, usually near the insertion of the deltoid

Rhomboids

Scientific name: *Musculus rhomboideus*

Functions:

- retracts the scapula and rotates it to depress the glenoid cavity. It also fixes the scapula to the thoracic wall.
- Holds scapula onto the ribcage.

Training/ Exercises:

- Strengthening exercises
 - shoulder blade squeeze: Stand or sit with your back straight. Slowly tighten your rhomboids by squeezing your shoulder blades together.
 - darts: Lie on your stomach with both hands by your sides. Tighten your rhomboids by squeezing your shoulder blades together and slowly lifting your arms and chest off the ground, keeping your neck straight.
- Stretching exercises
 - arm over chest: Stand with you back and neck straight. Take your arm across your body and use the other arm to hold it.

Origin and Insertion:

- Originates from cervical and thoracic vertebrae
- Inserts from medial border of scapula

