

Obliques and Trapezius

Presentation By:

Obliques

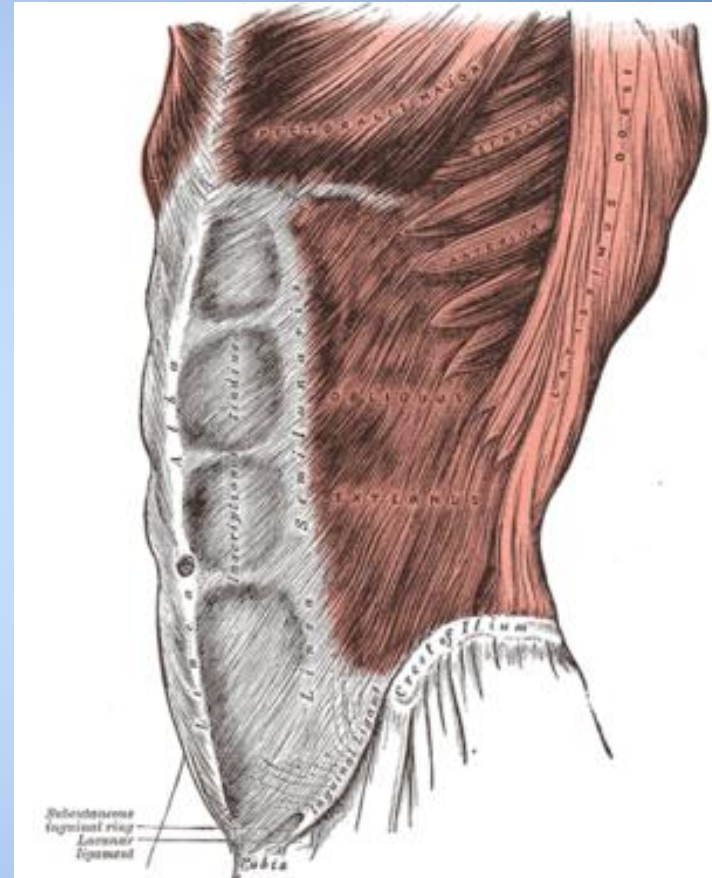
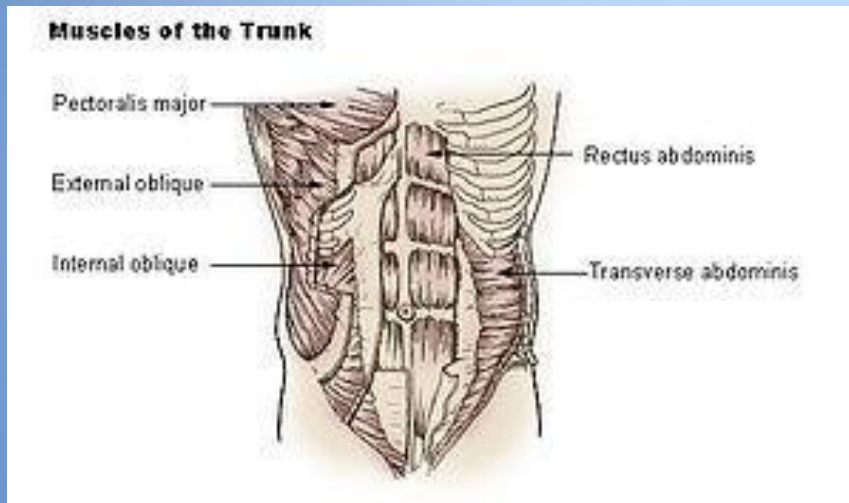
Oblique Function

The oblique muscles work with the abdominal and hip muscles to rotate your body. The muscle stabilizes your body and keeps your body in alignment.

Oblique Location

The obliques are situated on the fifth to twelfth ribs, with the farthest parts of the muscle close to the bone cartilage, and the central part of the obliques away from the bone cartilage.

Oblique Pictures



Oblique Exercise 1: Side Leg Raise

Start by lying on the left side with left leg straight. Use the oblique muscles to raise the right leg, then lower it to the ground. Repeat on other side.



Oblique Exercise 2: Side Jackknife

This exercise is the same as the side leg raise, but the leg underneath is bent.



Oblique Stretch: Torso Rotation

Stand with legs spread to your hips. Have arms out with while holding a dumbbell or medicine ball. Rotate from side to side while slowly increasing your range and speed.



Trapezium

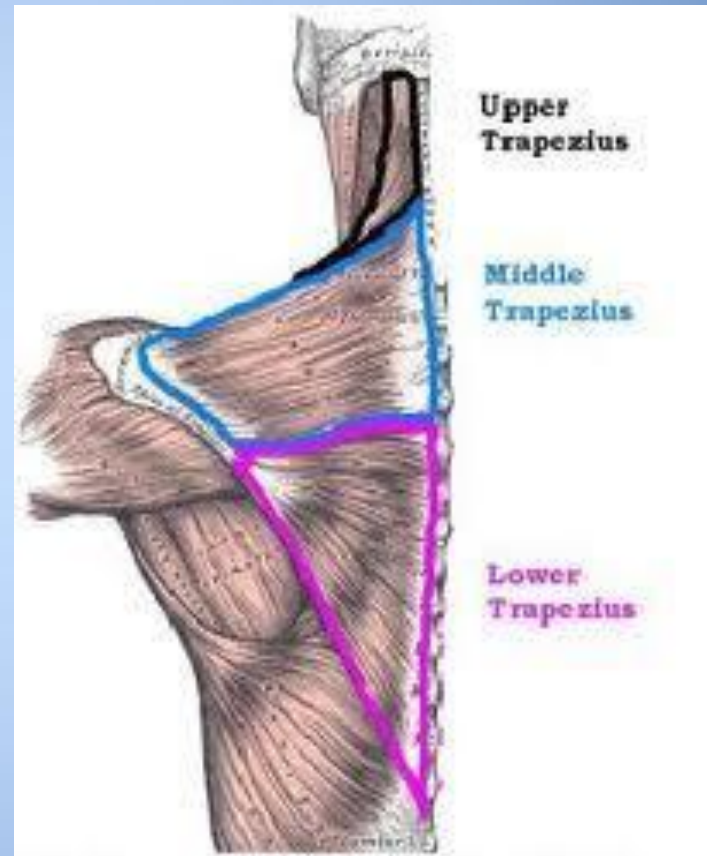
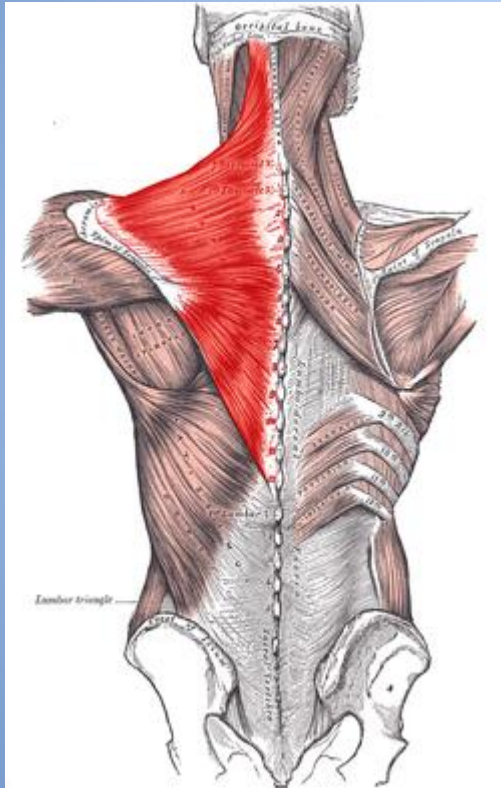
Trapezius Function

The upper part of the trapezius is used so you can elevate your shoulders. The middle fibers are used to move your shoulder blades into your body. The lower part is used to put your shoulder blades down.

Trapezius Location

The insertion points for the trapezius are on the back of the clavicle, on top of the shoulder joint where the muscle connects to the humerus in upper arm.

Trapezius Pictures



Trapezius Exercise 1: Shoulder Shrugs

First you put your arms in front of you while holding a barbell. Then, shrug your shoulders keeping the barbell level to the ground. Lower barbell back to starting position.



Trapezius Exercise 2: Upright Rows

Grasp a barbell shoulder width apart in an overhand grip. Raise the barbell to your neck while allowing wrists to flex. Hold the position for 1 second to maximize effectiveness and lower barbell to starting position.



Trapezius Stretch: Upper Trapezius Stretch

Stand with feet slightly apart from shoulder width. place hand on opposite side of the head and slowly move it to the side of the grabbing hand.



Photos courtesy of:

wikipedia.com,
sixpacknow.com,
and samsfitness.com