



## **Back with a Vengeance!**

**By Matt Brzycki**

**Q**uite often, individuals tend to overemphasize the muscles that they can see and underemphasize – or even overlook – muscles that they cannot. For instance, the chest on the anterior part of the body usually receives a good bit of

attention – in many cases, far too much – while the upper back on the posterior part of the body typically does not get equal emphasis. Yet, the muscles of the upper back are at least as important as those of the chest.

### **BASIC ANATOMY AND MUSCULAR FUNCTION**

The latissimus dorsi is the long, broad muscle that comprises most of your upper