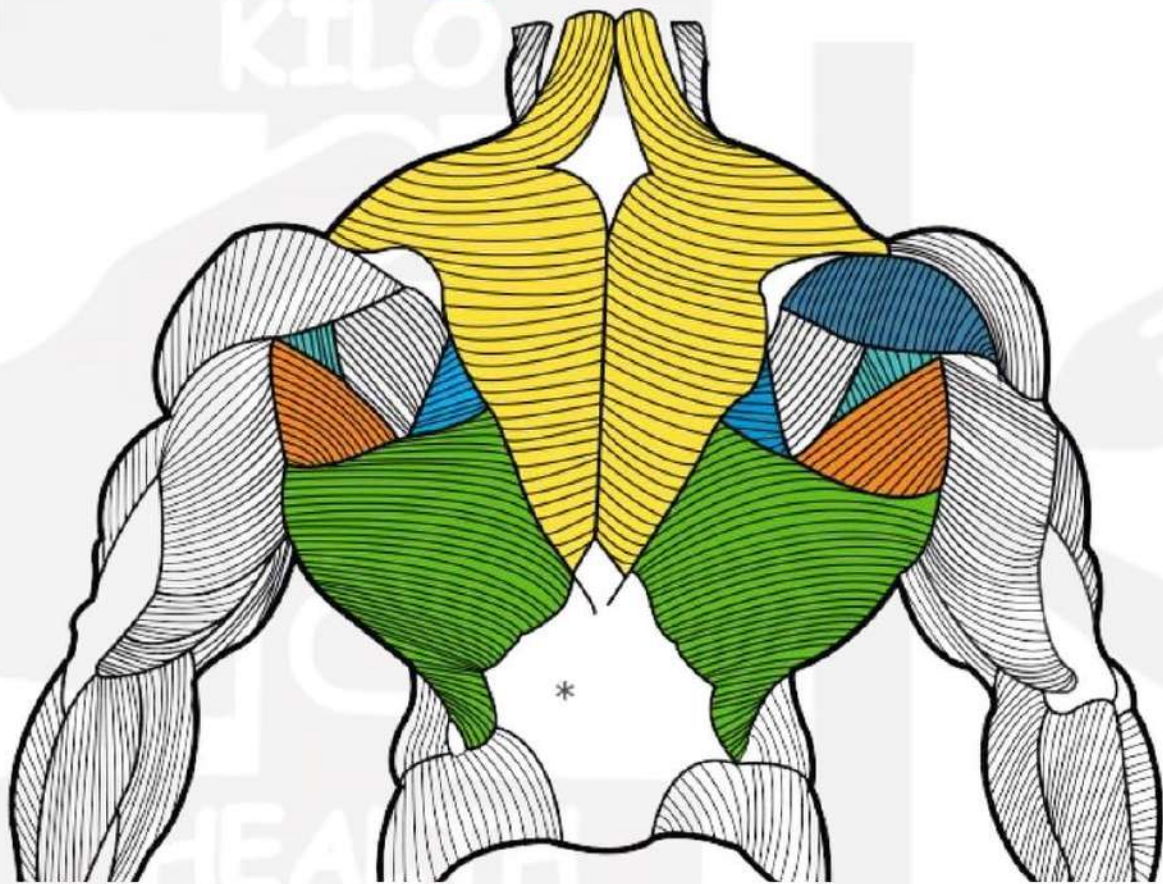


ANATOMY OF THE BACK

Follow  @healthbykilo



 **LATISSIMUS DORSI**

 **RHOMBOID MAJOR**

 **TRAPEZIUS**

 **REAR DELT**

 **TERES MAJOR**

 **ERECTOR SPINAE**



SAVE FOR
LATER



LIKE | COMMENT | SHARE

LATISSIMUS DORSI



Pullups



Lat Pulldowns



**Straight Arm
Pulldowns**



**Reverse Lat
Pulldowns**



RHOMBOID MAJOR



Barbell Rowing



Machine Rowing



V-Bar Pulldowns



T-Bar Row



TRAPEZIUS



Barbell Shrugs



**Incline Bench
Dumbbell Shrugs**



Dumbbell Shrugs



Machine Shrugs



REAR DELTS



**Low Rear Delt
Pull**



**Reverse
Machine Flys**



**Dumbbell
Reverse Flys**



**Lying Cable
Rear Delt Pulls**



ERECTOR SPINAE



Deadlift



Rack Pulls



Hyperextensions



Supermans