

## Lesson number six :

### 1-8 – lats :

- The large muscles below the traps.
- You used in pulling movements .



### 1-9 – erector spine :

- Help in extendig the spine .
- Key in bending forword and side ways.



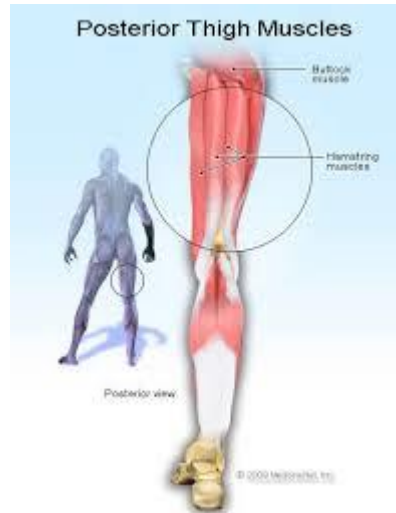
### 1-10- glutes :

- Help the body keep balance as it moves.
- Key in movement backwards and sideways.



## 1-11- hamstrings :

- Are located in the upper back part you legs .
- Bend the knee.
- Key in walking and runnig and jumping.



## 1-12- calves :

- Are located in the lower back part of you legs .
- Help the legs straigten...(walking –jumping – squatting - runing).
- Lift the heel up.

