

# ANATOMY OF HUMAN POSTERIOR MUSCLES

[ POSTERIOR VIEW DIAGRAM ]

## **UPPER BACK & NECK**

Trapezius Upper/Mid/Lower

Splenius Capitis Cervical

## **SHOULDER & MID-BACK**

Posterior Deltoid Shoulder

Latissimus Dorsi Mid/Lower Back

Rhomboids Scapular

Infraspinatus Rotator Cuff

## **LOWER BODY**

Gluteus Maximus Hips

Biceps Femoris Hamstrings

Gastrocnemius Calves

Soleus Lower Calves