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that cross the joints to induce a bending movement or motion flexibility varies between individuals particularly in terms of differences in muscle length of multi joint muscles flexibility in some joints can be increased to a certain degree by exercise with stretching a mon'

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the acromion tip of the scapula and prises two joints of the
shoulder girdle the sternoclavicular sc joint and the
acromioclavicular ac joint the scapula is located on the back of

the thorax along the mid back the scapula is triangular in shape and serves as an attachment point for many of the muscles required for shoulder motion'

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is performed for various reasons to aid growth and improve
strength preventing aging developing muscles and the
cardiovascular system honing athletic skills weight loss or
maintenance improving health and also for enjoyment many
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