

# **Your Muscles (Your Body) By Anne Ylvisaker**

**By Anne Ylvisaker**

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### **Sartorius muscle - Wikipedia, the free encyclopedia -**

The sartorius muscle is the longest muscle in the body and arises by tendinous fibres from the anterior superior iliac spine,

[http://en.wikipedia.org/wiki/Sartorius\\_muscle](http://en.wikipedia.org/wiki/Sartorius_muscle)

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The trapezius muscle resembles is possible to feel the muscles of the superior trapezius become active by holding a weight in one hand in front of the body

[http://en.wikipedia.org/wiki/Trapezius\\_muscle](http://en.wikipedia.org/wiki/Trapezius_muscle)

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techniques for aligning your body, releasing unnecessary muscle tension, managing pain holistically, Anne is the author of Move Pain Out of Your Body:

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<http://www.webmd.com/men/features/strength-training-building-leg-muscles>

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<http://www.king5.com/story/news/health/get-fit/2013/11/22/get-fit-listening-to-your-body-/13353444/>

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