

latissimus dorsi *(la-tis-si-mus-dor-si)*

Definition

n. A large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the trapezius on the back near the midline.

Example Sentence

The **latissimus dorsi** is essential for movements like pulling and lifting.

More Example Sentences

Strengthening the **latissimus dorsi** can improve posture and upper body strength.

Synonyms

back muscle; lats; dorsal muscle

Antonyms

pectoralis major; deltoid; trapezius

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