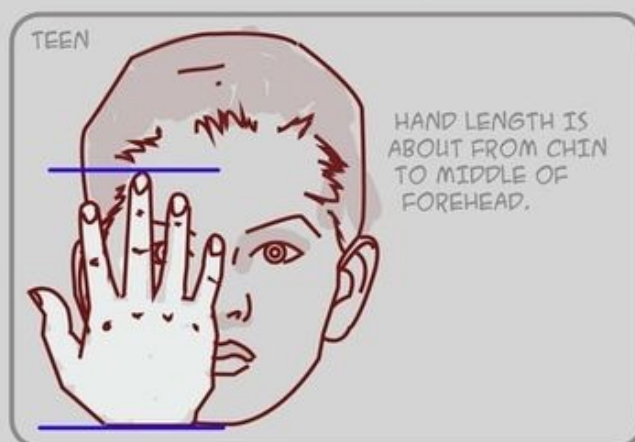
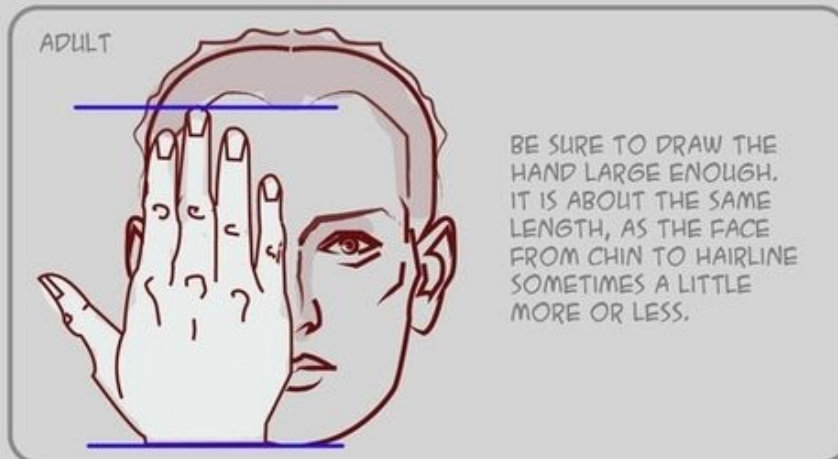


Anatomy Reference Material for Zombie Cake





HOW THE SHOULDER GIRDLE WORKS:



THE SHOULDER GIRDLE SYSTEM CONTAINS THE CLAVICLES AND SCAPULAS RAPIDLY ROTATING FROM THE APEX OF THE STERNUM. JUST IMAGINE A SEESAW IN WHICH THE TWO ENDS CAN MOVE INDEPENDENTLY OF THE OTHER, ACROSS THE X, Y AND Z AXES.



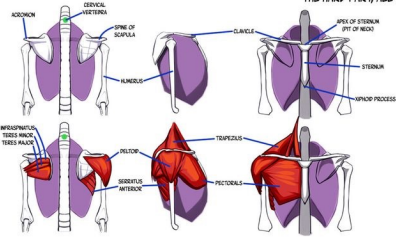
ACTUAL SHAPE OF SCAPULA



ALL YOU NEED TO REMEMBER

WHAT YOU SHOULD STRIVE TO VISUALIZE FOR GOOD RESULTS.

PRIMARILY THE SCAPULA NEEDS TO HAVE A TOP PLANE AND CURVED INTERIOR. THEY ARE LIKE INVERTED CAPITAL "L" LETTERS SO AS TO CUP AND SMOOTHLY SLIDE/FLOAT AROUND THE RIBCAGE. THAT'S THE HARD PART, ALL ELSE IS PIE.

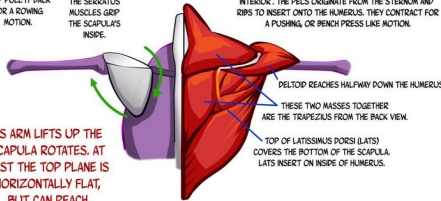


THE MUSCLES ON THE OUTSIDE OF THE SCAPULA GO TO THE ARM TO ROTATE IT AND HELP PULL IT BACK FOR A ROWING ACTION.

THE BACK OF THE DELTOID GRIPS THE UNDERSIDE OF THE SPINE OF THE SCAPULA AND THE SERRATUS MUSCLES GRIP THE SCAPULUS INSIDE.

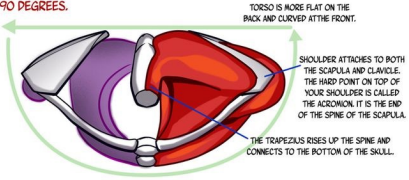
NOTE HOW THE SERRATUS MUSCLES ATTACH TO THE RIBS TO HELP PULL THE SCAPULA TOWARD THE FRONT.

THE TRAPEZIUS MUSCLE ATTACHES ALONG THE LENGTH OF THE TOP PLANES OF THE SCAPULAS AND THE CLAVICLES. CONCERNING THE BOTTOM OF THE CLAVICLES, THE DELTOID GRIPS THE EXTERIOR HALF AND THE PECTORALS THE INTERIOR. THE PECS ORIGINATE FROM THE STERNUM AND RIBS TO INSERT ONTO THE HUMERUS. THEY CONTRACT FOR A PUSHING OR BENCH PRESS LIKE MOTION.

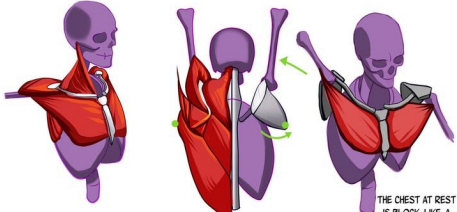


AS ARM LIFTS UP THE SCAPULA ROTATES, AT REST THE TOP PLANE IS HORIZONTALLY FLAT, BUT CAN REACH UP TO 90 DEGREES.

DELTOID REACHES HALFWAY DOWN THE HUMERUS
THESE TWO MASSES TOGETHER ARE THE TRAPEZIUS FROM THE BACK VIEW.
TOP OF LATTISSIMUS DORSI (LATS) COVERS THE BOTTOM OF THE SCAPULA. LATS INSERT ON INSIDE OF HUMERUS.



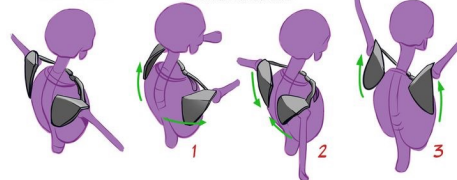
TORSO IS MORE FLAT ON THE BACK AND CURVED AT THE FRONT.
SHOULDER ATTACHES TO BOTH THE SCAPULA AND CLAVICLE. THE HARD POINT ON TOP OF YOUR SHOULDER IS CALLED THE ACROMION. IT IS THE END OF THE SPINE OF THE SCAPULA.
THE TRAPEZIUS RISES UP THE SPINE AND CONNECTS TO THE BOTTOM OF THE SKULL.



AS THE BACK MUSCLES CONTRACT THE ARMS WILL BE PULLED BACK. THIS MEANS THE CHEST WILL EXPAND. THE PECS WILL SEEM WIDER, BUT THEIR MASS IS THE SAME, LIKE AN ELASTIC THAT IS BEING STRETCHED.

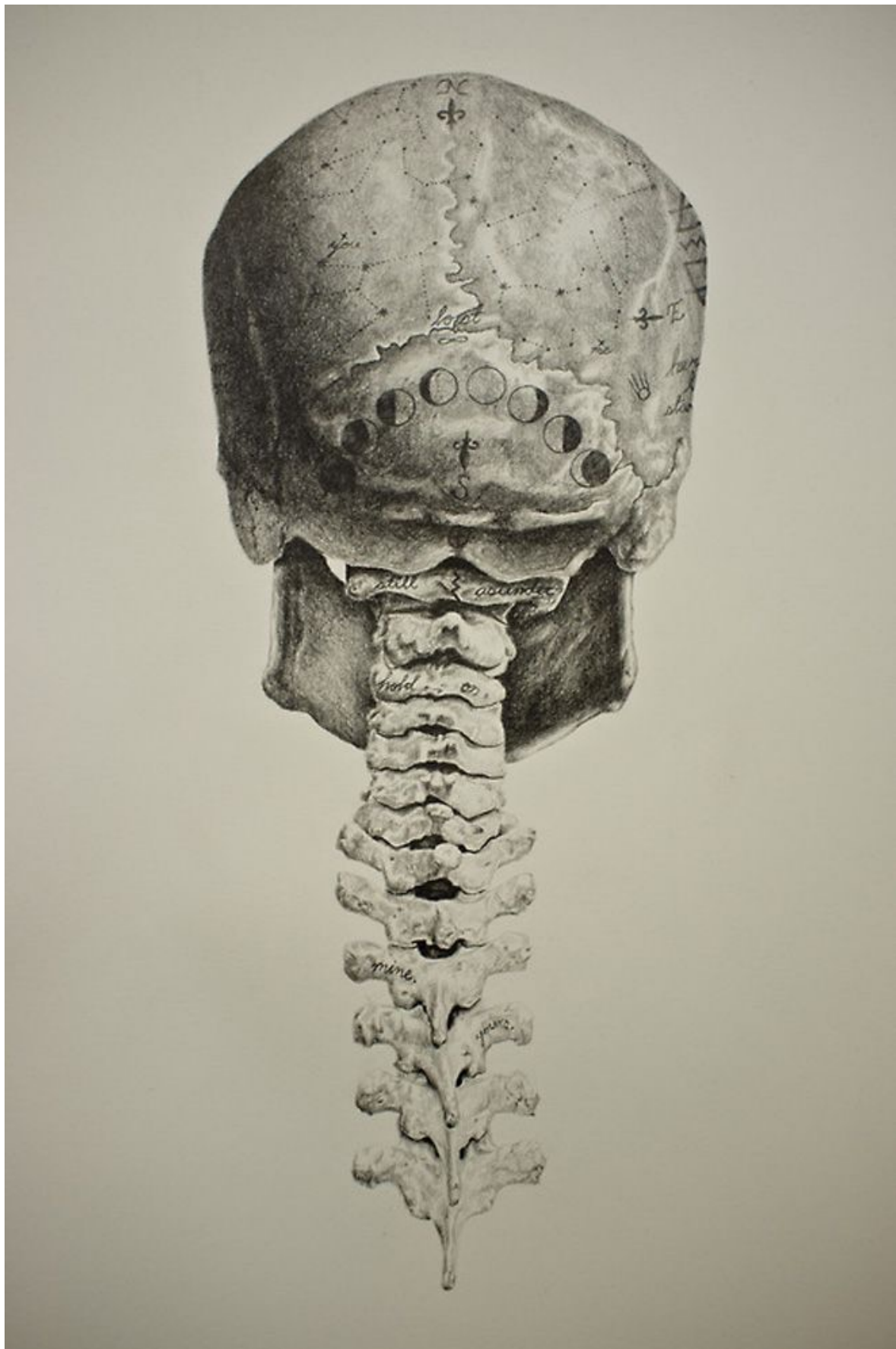
THE GREEN DOTS REPRESENT HOW THE BOTTOM OF THE SCAPULAS WILL PROTRUDE LATERALLY AS ONE LIFTS THEIR ARMS. AS DISCUSSED ABOVE, THE SCAPULAS ROTATE AS THE ARMS LIFT.

THE CHEST AT REST IS BLOCK-LIKE, A CONTRACTED ONE PULKS UP LIKE A BALL, AND A LIFTED ARM STRETCHES THE PEC INTO A TEARDROP SHAPE.



LOOK AT THE DRAWINGS ABOVE CAREFULLY TO SEE HOW THE SCAPULAS MOVE WITH THE ARMS AND FLOAT AROUND THE RIB CAGE. AS THEY PULL FORWARD THE SCAPULAS LITERALLY MOVE TO THE SIDE OF YOUR BODY (1). STRETCHING BACK PASSES THE SCAPULAS TOGETHER TOWARD THE SPINE (2), AND LIFTING THE ARMS RAISES THE TOP PLANES CLOSER TO YOUR HEAD (3). THE RANGE OF MOTION IS HUGE.

AS ALWAYS THERE IS NO REPLACEMENT FOR PRACTICE. COPY THESE AND TRY TO DRAPE THE MUSCLES. AFTER THAT, CHANGE THE ANGLES.



Handwritten label above the first anatomical drawing.

Handwritten label above the second anatomical drawing.

Handwritten label above the third anatomical drawing.



Handwritten text describing the anatomical structure shown in the second drawing.

Handwritten text describing the anatomical structure shown in the third drawing.



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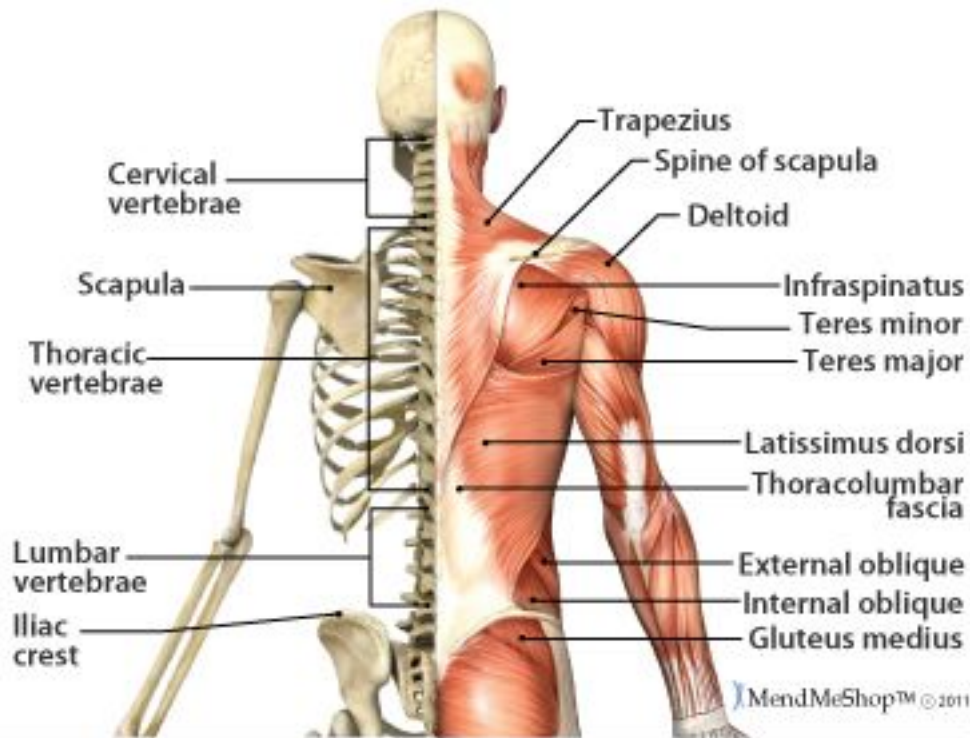
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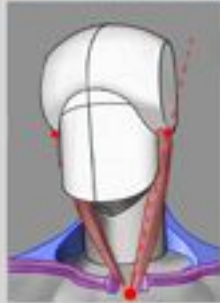
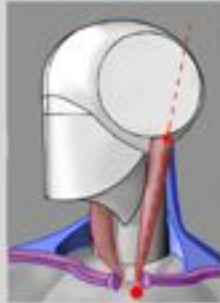
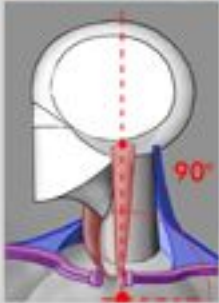
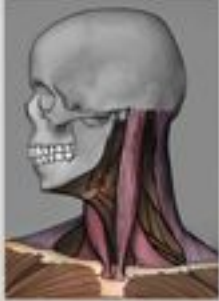


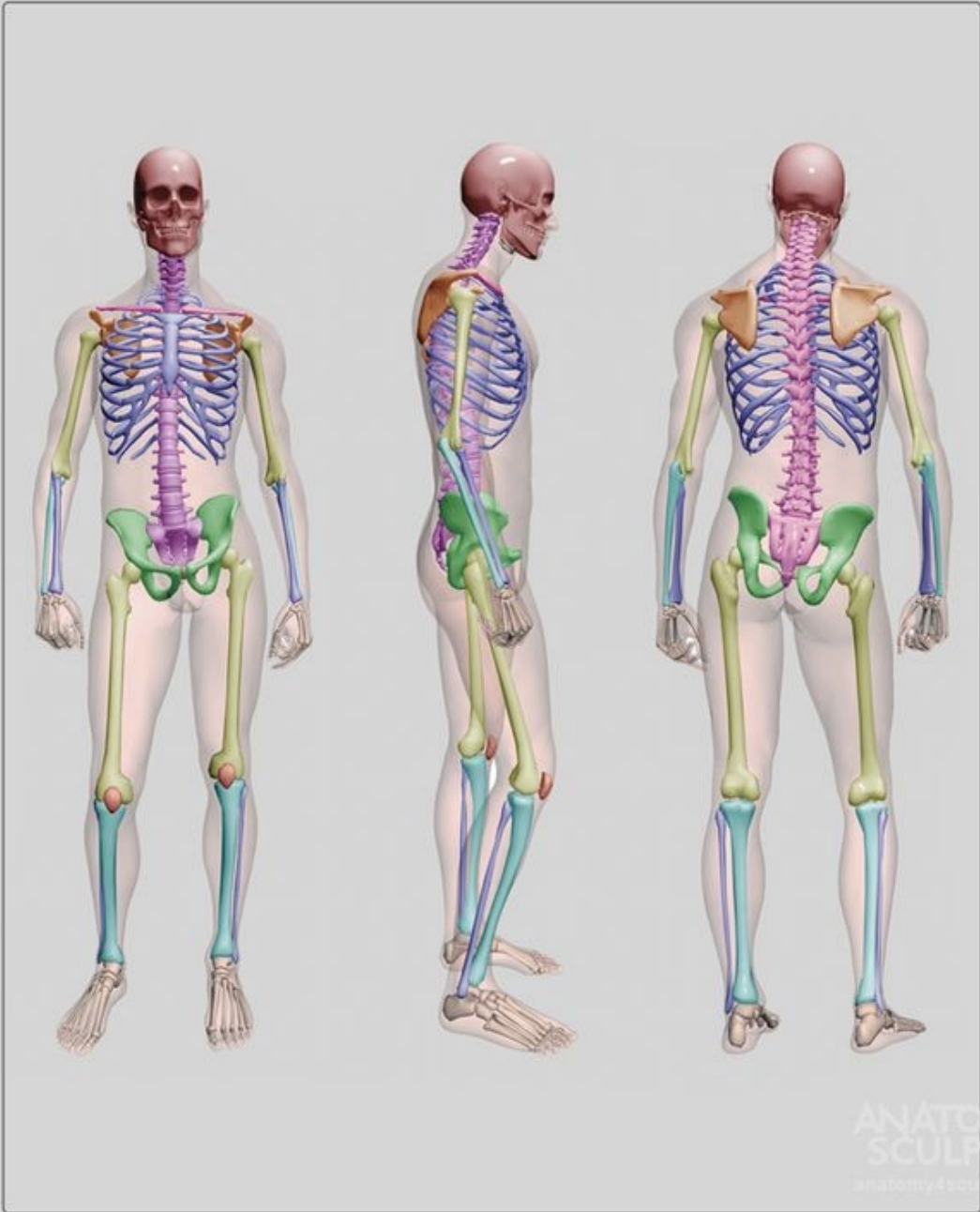
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Anatomy of the Back

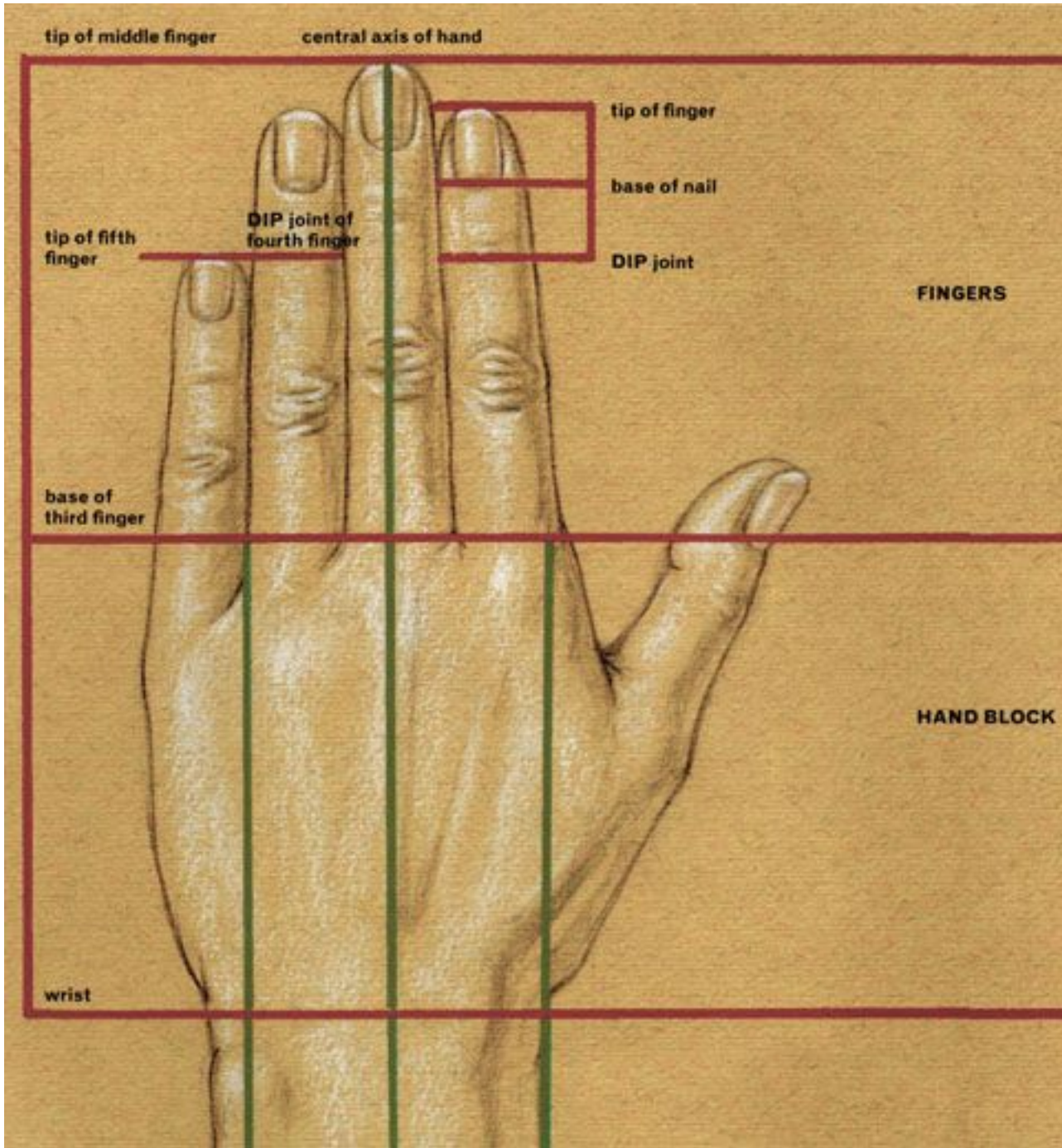








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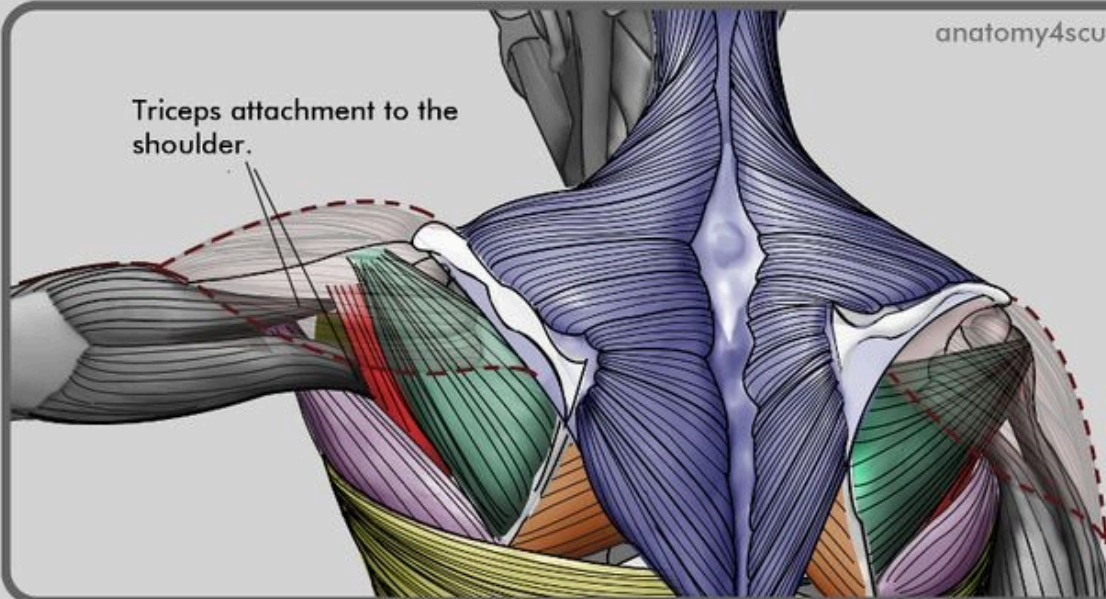




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Triceps attachment to the
shoulder.



XIX

