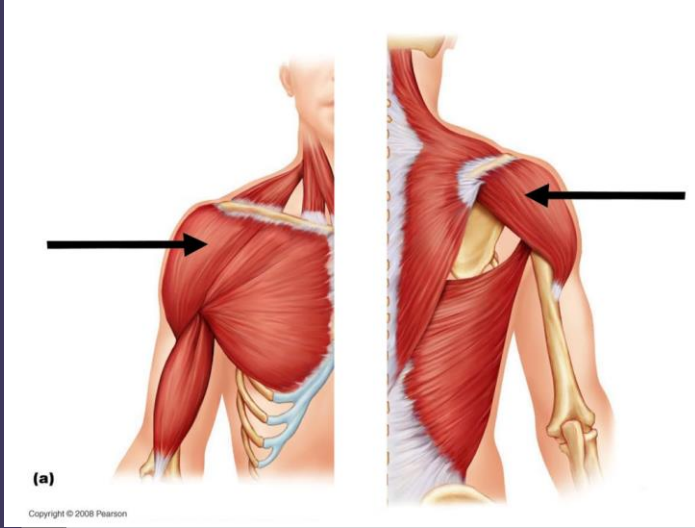


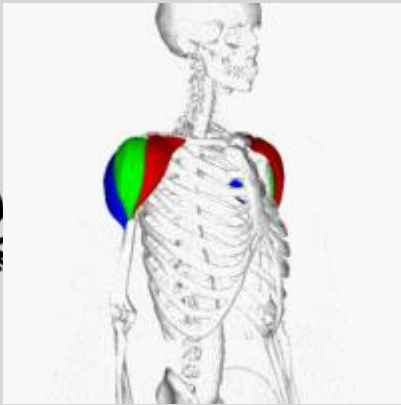
A black silhouette of a muscular man in a bodybuilding pose, flexing his right bicep. He is standing on a blue base, leaning against a grey wall on the left. The background is a light grey gradient.

# AKTİF HAREKET SİSTEMİ

# Deltoid



- O
- A: Anterior (clavicular) başı: lateral clavikulanın anterior yuzeyi of the.
- B.: Middle (acromial) head: acromion process
- C. Posterior spine of the scapula.
- I: humerus Deltoit tuberisty
- F: flexsiyon, ekstansiyon internal rotasyonin.abduksiyonj



# Pectoralis minor



O: Scapula coracoid process

I: 2-5 kostalar

F: Skapulayı aŝŝađıya dođru eker, solunum sırasındada hareket eder.

# Pectoralis Major



- O: clavicula- scapula
- I: intertuberculer sulcus humerus
- F: humerusa adduksiyon ve medial rotasyon
- Yukarı ve aşağı diagonal fleksiyon

