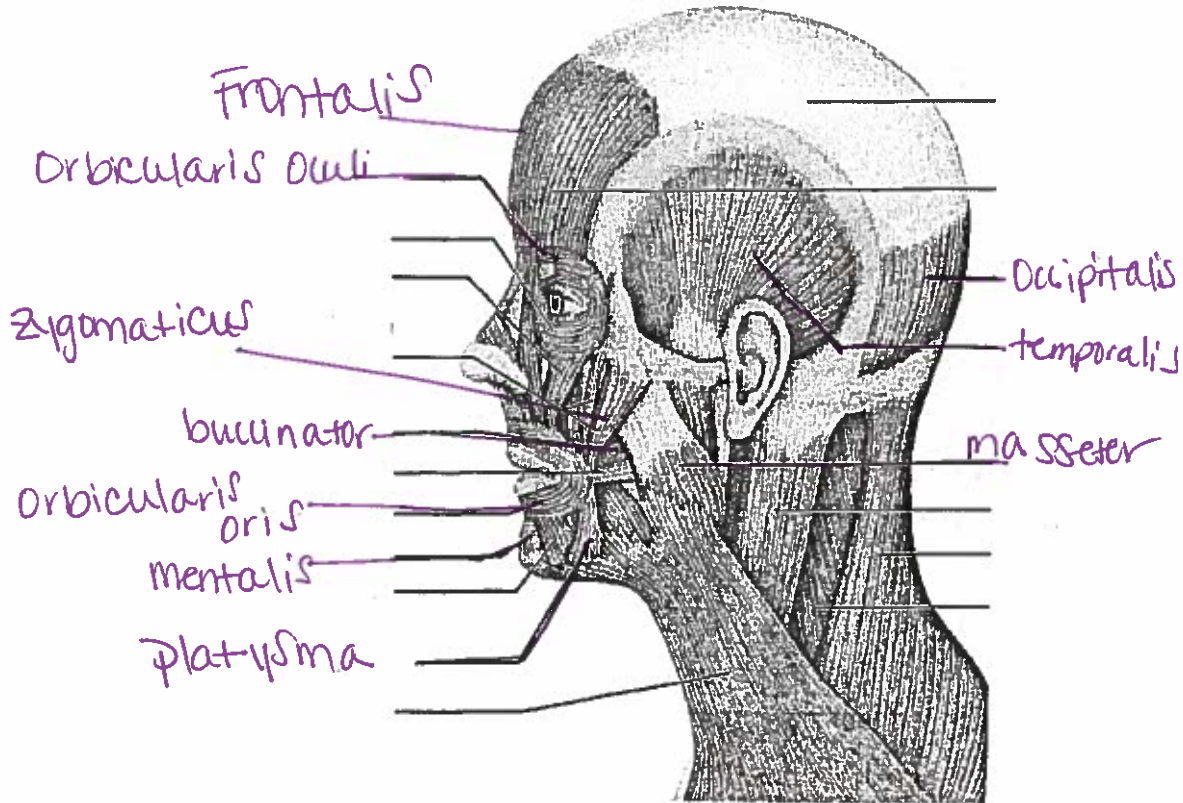


Muscles to Identify

Key

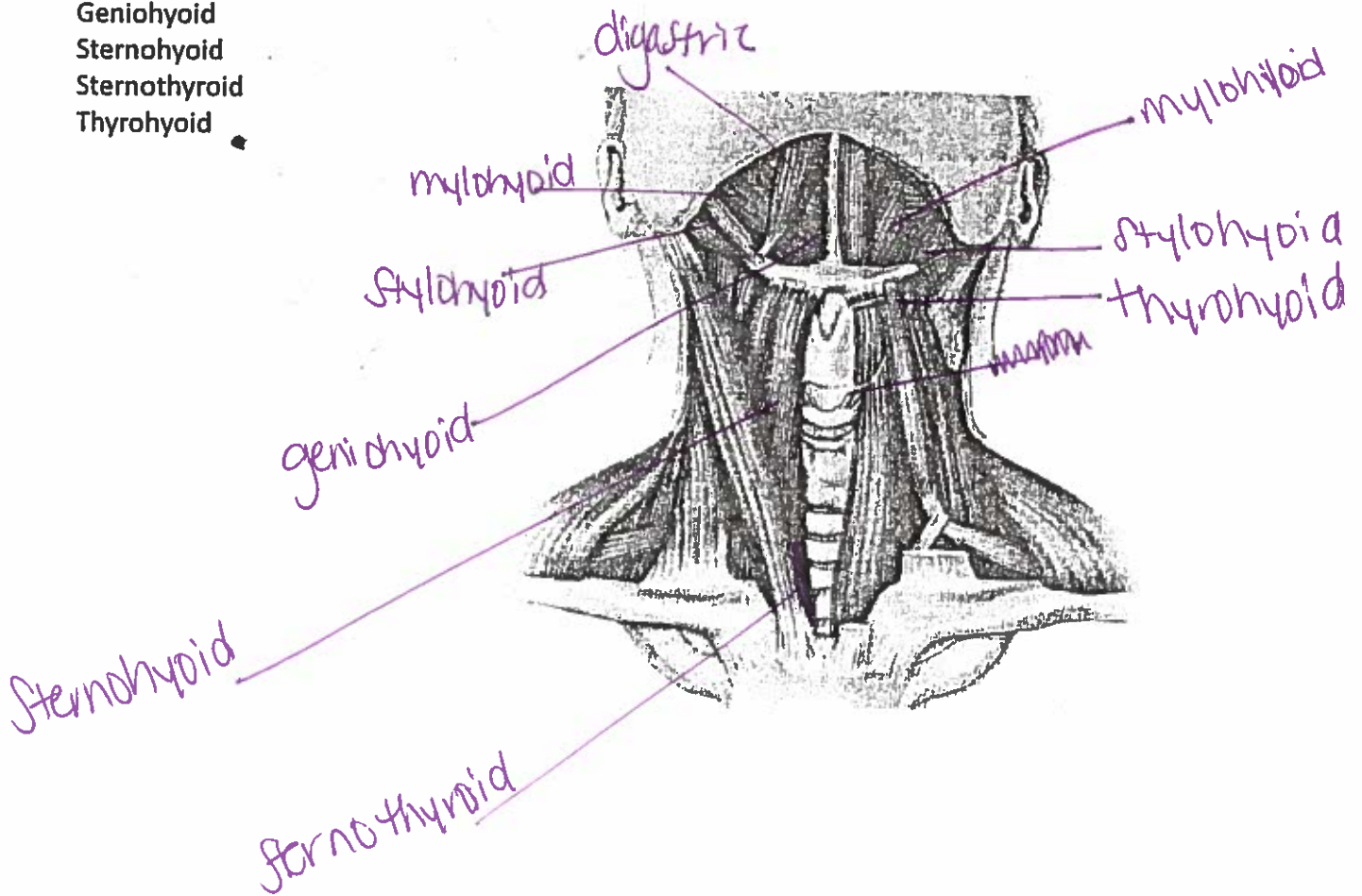
Head

- Frontalis
- Occipitalis
- Orbicularis Oculi
- Zygomaticus
- Orbicularis Oris
- Mentalis
- Buccinator
- Platysma
- Masseter
- Temporalis



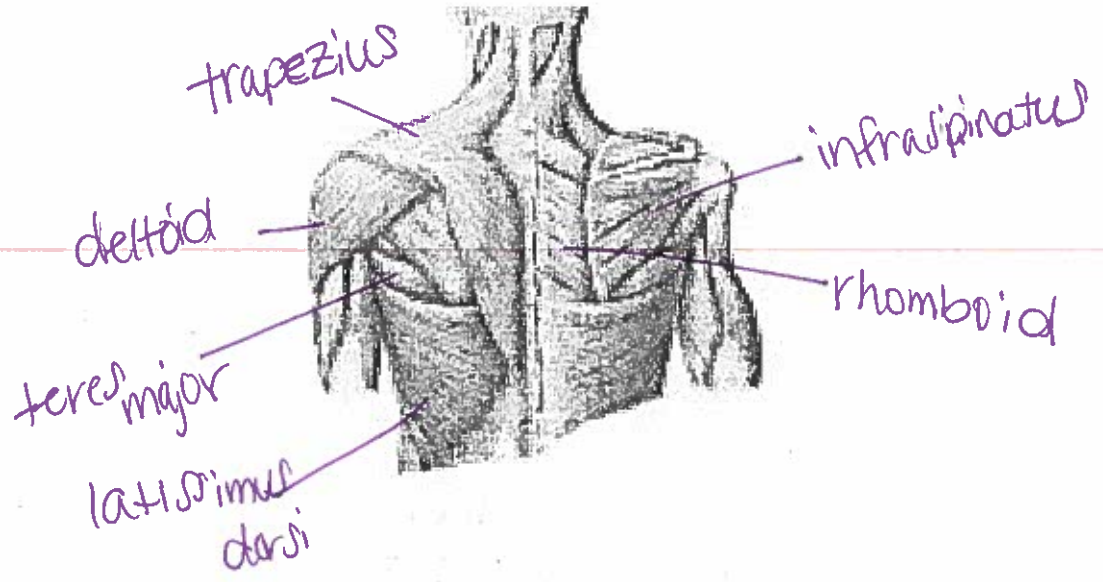
Neck

- Digastric
- Stylohyoid
- Mylohyoid
- Geniohyoid
- Sternohyoid
- Sternothyroid
- Thyrohyoid

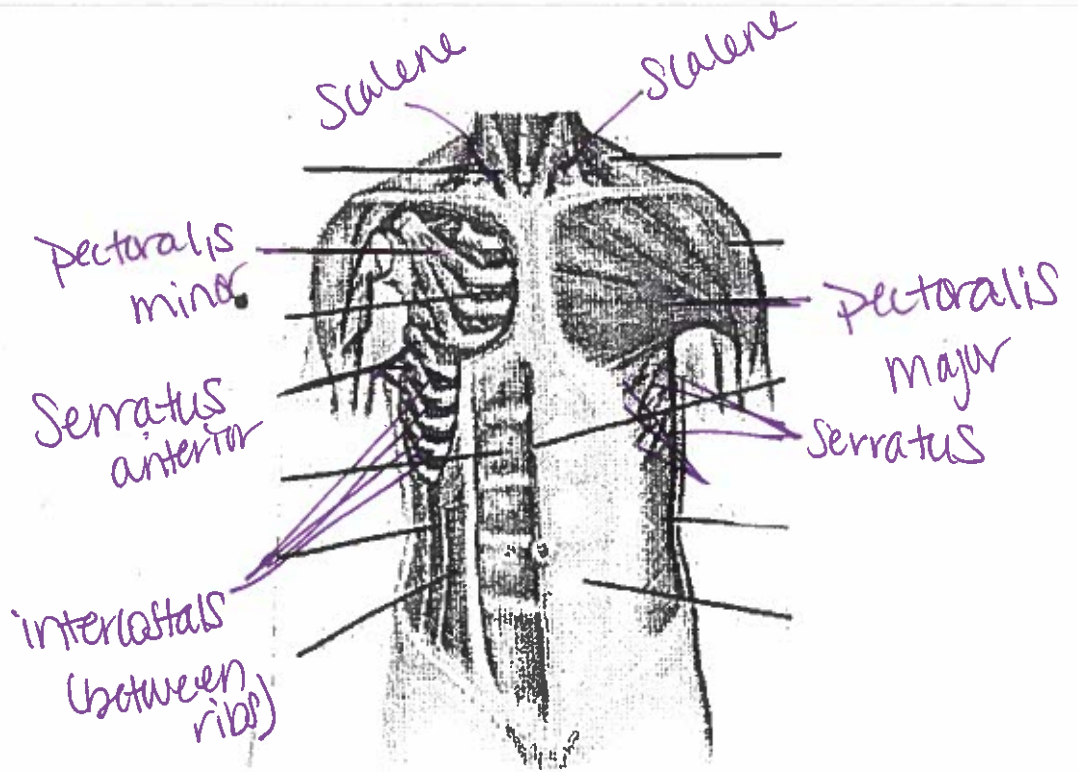


Shoulder
 Trapezius
 Deltoid
 Infraspinatus
 Teres Major
 Rhomboid
 Latissimus Dorsi
 Subscapularis

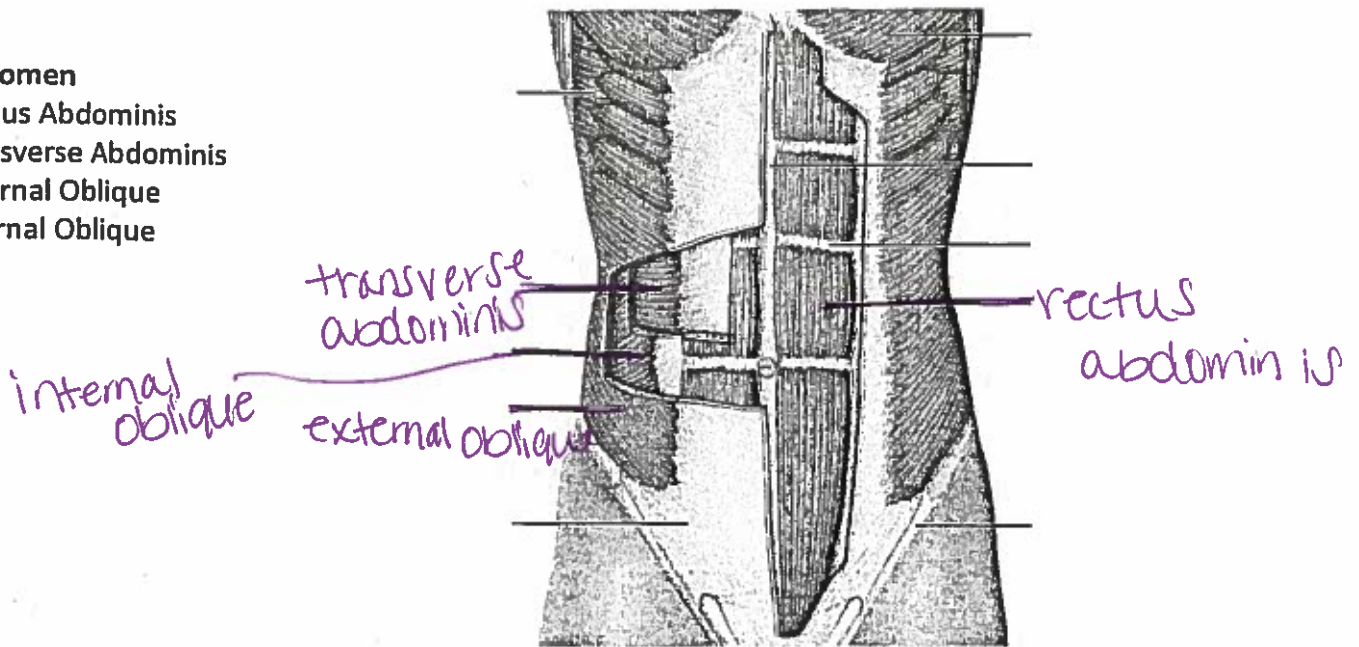
↓
 inside of
 Scapula
 (where it
 meets
 rib cage)
 sorry!



Thoracic
 Pectoralis Minor
 Pectoralis Major
 Serratus Anterior
 Intercostals
 Scalenes



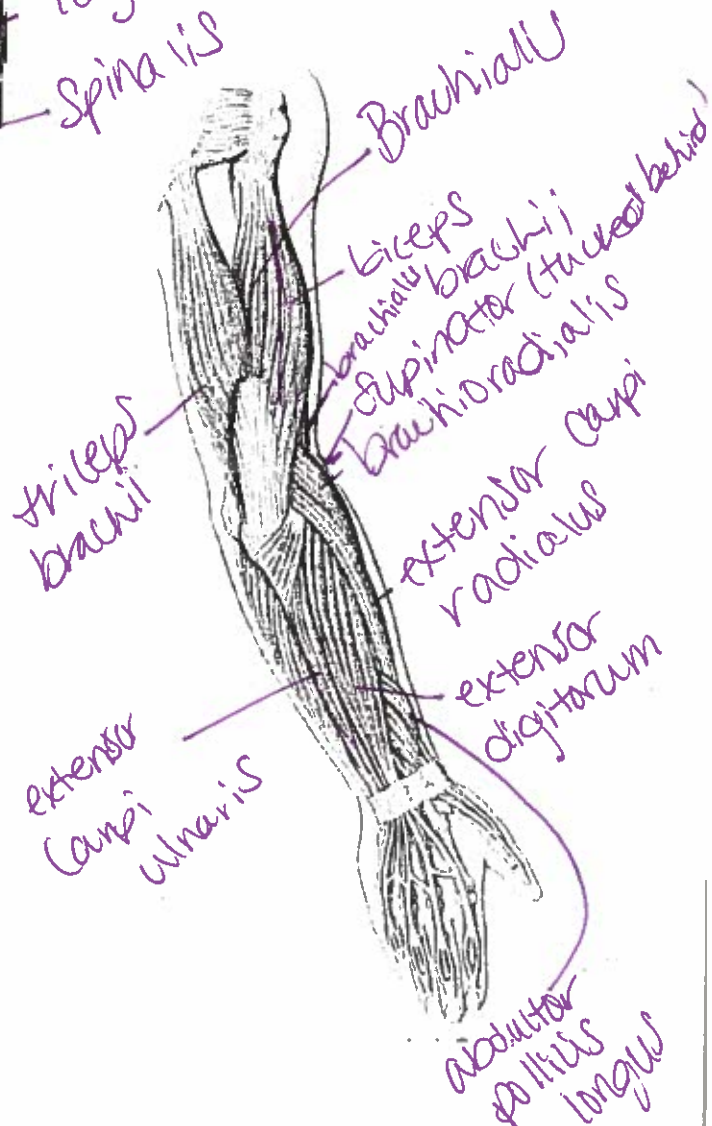
Abdomen
 Rectus Abdominis
 Transverse Abdominis
 External Oblique
 Internal Oblique



Back
 Longissimus
 Iliocostalis
 Spinalis
 Semispinalis
 Splenius

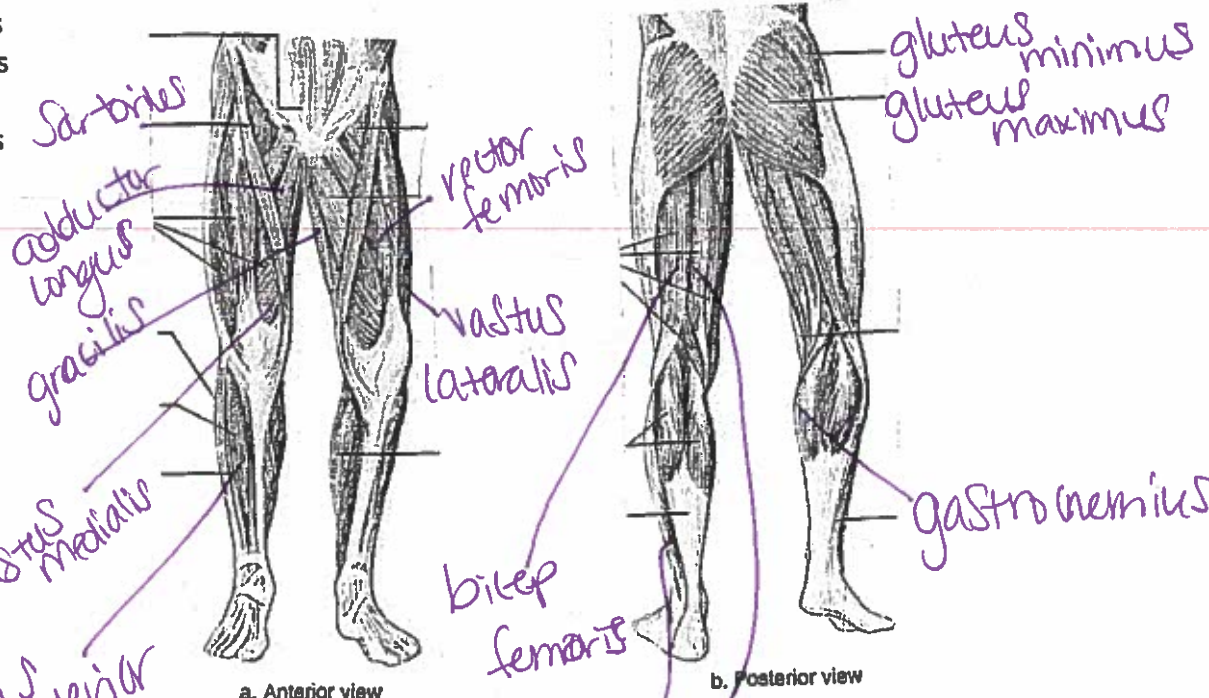


Triceps Brachii
 Arm
 Biceps Brachii
 Brachialis
 Brachioradialis
 Extensor Carpi Radialis Longus
 Extensor Carpi Ulnaris
 Extensor Digitorum
 Supinator
 Abductor Pollicis Longus



Hip and Legs

- Gluteus Minimus
- Gluteus Maximus
- Sartorius
- Adductor Longus
- Gracilis
- Rector Femoris
- Vastus Medialis
- Vastus Lateralis
- Bicep Femoris
- Semitendinosus
- Gastrocnemius
- Soleus
- Tibialis Anterior



Tibialis anterior

a. Anterior view

b. Posterior view

Soleus

Semitendinosus