

Muscular System

Head and neck

- Sternocleidomastoid
- Trapezius

Upper Arm

- Deltoid
- Biceps brachii
- Brachioradialis
- Triceps brachii
- Brachialis

Lower Arm

- Extensor carpi radialis brevis
- Extensor carpi radialis longus
- Extensor digitorum
- Pronator teres
- Pronator quadratus
- Flexor digitorum profundus
- Flexor pollicis longus
- Flexor carpi ulnaris

Trunk

- Rectus abdominis
- Linea alba
- External oblique
- Serratus anterior

- Pectoralis muscles

Upper Leg

- Gluteus maximus
- Gluteus medius
- Tensor Fasciae latae
- Pectineus
- Adductor longus
- Adductor magnus
- Gracilis
- Sartorius
- Quadriceps femoris
 - Vastus lateralis
 - Rectus femoris
 - Vastus medialis
- Hamstring muscle
 - Semitendinosus
 - Biceps femoris
 - Semimembranosus

Lower Leg

- Tibialis anterior
- Tibialis posterior
- Fibularis brevis
- Gastrocnemius
- Extensor hallucis longus

Muscular System Study Guide With Color

G Psacharopoulos



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