

# MUSCULAR SYSTEM

Major Muscle Groups & Anterior & Posterior Reference

## HEAD & NECK

- Frontalis *Forehead*
  - Temporalis *Temple*
  - Sternocleidomastoid *Neck*
  - Masseter *Jaw*
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## TORSO & CORE

- Pectoralis Major *Chest*
  - Rectus Abdominis *Abs*
  - External Obliques *Sides*
  - Latissimus Dorsi *Back*
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## UPPER LIMBS

- Deltoid *Shoulder*
  - Biceps Brachii *Front Arm*
  - Triceps Brachii *Back Arm*
  - Brachioradialis *Forearm*
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## LOWER LIMBS

- Quadriceps Femoris *Thigh*
  - Gastrocnemius *Calf*
  - Gluteus Maximus *Hip*
  - Tibialis Anterior *Shin*
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ANATOMICAL REFERENCE CHART & NOT FOR MEDICAL DIAGNOSIS &  
PROFESSIONAL USE ONLY