

# MUSCULAR SYSTEM STUDY CHART

ANATOMY & PHYSIOLOGY | MODULE 04

## Anterior View (Front)

*Reference Illustration: Anterior Musculature*

Muscle Group	Primary Action
Pectoralis Major	Adduction / Rotation
Biceps Brachii	Forearm Flexion
Rectus Abdominis	Trunk Flexion
Quadriceps Femoris	Knee Extension
Tibialis Anterior	Dorsiflexion

## Posterior View (Back)

*Reference Illustration: Posterior Musculature*

Muscle Group	Primary Action
Trapezius	Scapula Movement
Latissimus Dorsi	Arm Extension
Triceps Brachii	Forearm Extension
Gluteus Maximus	Hip Extension
Hamstrings	Knee Flexion
Gastrocnemius	Plantar Flexion

## Study Notes & Terminology

**Origin:** The fixed attachment point of the muscle.

**Insertion:** The attachment point on the bone that moves.

**Agonist:** The primary muscle responsible for a movement.