

SKELETAL MUSCLE ANATOMY CHECKLIST

Subject ID: _____ Date: _____ Region: Full Body

HEAD & NECK ANTERIOR/LATERAL

Frontalis

Orbicularis Oculi

Zygomaticus Major

Masseter

Sternocleidomastoid

Temporalis

TORSO & CORE ANTERIOR/POSTERIOR

Pectoralis Major

Rectus Abdominis

External Oblique

Trapezius

Latissimus Dorsi

Serratus Anterior

UPPER LIMB ARM & SHOULDER

Deltoid

Biceps Brachii

Triceps Brachii

Brachialis

Brachioradialis

Flexor Carpi Radialis

LOWER LIMB THIGH & LEG

Rectus Femoris

Sartorius

Gluteus Maximus

Biceps Femoris

Gastrocnemius

Tibialis Anterior

Skeletal Muscle Reference Template â€œ For Educational Purposes Only