

HUMAN MUSCULAR SYSTEM STRUCTURE

Temporalis	<i>Closes jaw</i>
Orbicularis Oculi	<i>Closes eyelids</i>
Sternocleidomastoid	<i>Rotates head</i>
Pectoralis Major	<i>Arm flexion/adduction</i>
Rectus Abdominis	<i>Flexes spine</i>
External Oblique	<i>Torso rotation</i>
Serratus Anterior	<i>Protraction of scapula</i>
Deltoid	<i>Arm abduction</i>
Biceps Brachii	<i>Forearm flexion</i>
Brachioradialis	<i>Elbow flexion</i>
Trapezius	<i>Elevates scapula</i>
Latissimus Dorsi	<i>Arm extension/adduction</i>
Triceps Brachii	<i>Elbow extension</i>
Erector Spinae	<i>Back extension</i>
Sartorius	<i>Hip/Knee flexion</i>

Rectus Femoris

Knee extension

Tibialis Anterior

Dorsiflexion

Gluteus Maximus

Hip extension

Biceps Femoris

Knee flexion

Gastrocnemius

Plantar flexion

Soleus

Steadying the leg