HUMAN BODY MUSCLE ANATOMY CHART

Comprehensive Reference for Major Muscle Groups

ANTERIOR (FRONT)

Region	Primary Muscles
Head/Neck	Frontalis, Temporalis, Sternocleidomastoid
Torso	Pectoralis Major, Rectus Abdominis, Obliques
Arms	Biceps Brachii, Brachialis, Brachioradialis
Shoulders	Anterior Deltoid, Medial Deltoid
Legs	Quadriceps (Rectus Femoris, Vastus Lateralis/Medialis), Sartorius
Lower Leg	Tibialis Anterior, Peroneus Longus

POSTERIOR (BACK)

Region	Primary Muscles
Back	Trapezius, Latissimus Dorsi, Rhomboids, Erector Spinae
Shoulders	Posterior Deltoid, Infraspinatus, Teres Major
Arms	Triceps Brachii (Long, Lateral, Medial Heads)
Hips	Gluteus Maximus, Gluteus Medius
Legs	Hamstrings (Biceps Femoris, Semitendinosus, Semimembranosus)
Lower Leg	Gastrocnemius, Soleus, Achilles Tendon

MUSCLE FUNCTION REFERENCE

Action	Agonist (Key Muscle)	Movement Description
Flexion (Arm)	Biceps Brachii	Decreasing angle at the elbow joint.
Extension (Arm)	Triceps Brachii	Increasing angle at the elbow joint.
Abduction	Deltoids	Moving limbs away from the midline.
Adduction	Pectoralis / Latissimus	Moving limbs toward the midline.

Template Example - Educational Reference Only - Clinical validation required for medical use.