

# HUMAN MUSCULAR SYSTEM REFERENCE

Anatomical Study Guide: Major Skeletal Muscles

**1** Frontalis

**2** Orbicularis Oculi

**3** Sternocleidomastoid

**4** Pectoralis Major

**5** Deltoid

**6** Biceps Brachii

**7** Rectus Abdominis

**8** External Oblique

**9** Brachioradialis

**10** Adductor Longus

**11** Sartorius

**12** Rectus Femoris

**13** Vastus Lateralis

**14** Tibialis Anterior

**15** Occipitalis

**16** Trapezius

**17** Infraspinatus

**18** Triceps Brachii

**19** Latissimus Dorsi

**20** Extensor Digitorum

**21** Gluteus Medius

**22** Gluteus Maximus

**23** Biceps Femoris

**24** Semitendinosus

**25** Gastrocnemius

**26** Soleus

**27** Achilles Tendon

**28** Erector Spinae

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