

HUMAN MUSCULAR SYSTEM

Anatomical Reference Guide

Head & Torso

- **01** Frontalis
 - **02** Pectoralis Major
 - **03** Rectus Abdominis
 - **04** External Oblique
 - **05** Trapezius
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Upper Extremities

- **06** Deltoid
 - **07** Biceps Brachii
 - **08** Triceps Brachii
 - **09** Brachioradialis
 - **10** Flexor Carpi
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Lower Extremities

- **11** Rectus Femoris
 - **12** Vastus Lateralis
 - **13** Sartorius
 - **14** Tibialis Anterior
 - **15** Gastrocnemius
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Posterior Chain

- **16** Latissimus Dorsi
 - **17** Gluteus Maximus
 - **18** Biceps Femoris
 - **19** Soleus
 - **20** Infraspinatus
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