

# MUSCULAR SYSTEM ANATOMICAL GUIDE

Reference ID: MS-2024-REF Classification: Systematic Anatomy Scale: Human Adult

## Muscle Name

## Primary Action

**HEAD** Orbicularis Oculi

Closes eyelids

**NECK** Sternocleidomastoid

Rotation/Flexion of neck

**CHEST** Pectoralis Major

Arm adduction/rotation

**ARM** Biceps Brachii

Forearm supination/flexion

**CORE** Rectus Abdominis

Flexion of lumbar spine

**LEG** Rectus Femoris

Knee extension/Hip flexion

**LEG** Tibialis Anterior

Dorsiflexion of foot

## Muscle Name

## Primary Action

**BACK** Trapezius

Scapular movement

**BACK** Latissimus Dorsi

Arm extension/Adduction

**ARM** Triceps Brachii

Forearm extension

**HIP** Gluteus Maximus

Hip extension/Rotation

**LEG** Biceps Femoris

Knee flexion

**LEG** Gastrocnemius

Plantar flexion

**LEG** Soleus

Plantar flexion (posture)

This document is a structural reference template for anatomical study purposes only.