

# MUSCULAR SYSTEM

## Major Skeletal Muscles | Anterior & Posterior Reference

**ORBICULARIS OCULI** *Closes eyelids*

**PECTORALIS MAJOR** *Arm flexion*

**BICEPS BRACHII** *Forearm supination*

**RECTUS ABDOMINIS** *Flexes trunk*

**SARTORIUS** *Thigh rotation*

**QUADRICEPS FEMORIS** *Knee extension*

**TIBIALIS ANTERIOR** *Dorsiflexion*

**TRAPEZIUS** *Scapula movement*

**LATISSIMUS DORSI** *Arm extension*

**GLUTEUS MAXIMUS** *Hip extension*

**GASTROCNEMIUS** *Plantar flexion*

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