

# MUSCULAR SYSTEM CHART

Anatomical Reference Guide

## ANTERIOR (FRONT)

Muscle Name	Primary Function
<b>Upper Body</b>	
Pectoralis Major	Adduction / Rotation
Deltoids (Ant)	Shoulder Flexion
Biceps Brachii	Elbow Flexion
Rectus Abdominis	Trunk Flexion
<b>Lower Body</b>	
Quadriceps	Knee Extension
Tibialis Anterior	Dorsiflexion
Adductors	Leg Adduction

## POSTERIOR (BACK)

Muscle Name	Primary Function
<b>Upper Body</b>	
Trapezius	Scapular Elevation
Latissimus Dorsi	Shoulder Extension
Triceps Brachii	Elbow Extension

**Muscle Name****Primary Function**

Erector Spinae

Back Extension

**Lower Body**

Gluteus Maximus

Hip Extension

Hamstrings

Knee Flexion

Gastrocnemius

Plantar Flexion

Form ID: ANAT-REF-001 | Professional Template