

HUMAN MUSCULAR SYSTEM REFERENCE

Anterior (Front)

[Anterior Figure Illustration]

- 1 Trapezius
- 2 Deltoid
- 3 Pectoralis Major
- 4 Biceps Brachii
- 5 Rectus Abdominis
- 6 External Oblique
- 7 Quadriceps
- 8 Tibialis Anterior

Posterior (Back)

[Posterior Figure Illustration]

- 9 Latissimus Dorsi
- 10 Triceps Brachii
- 11 Gluteus Maximus
- 12 Hamstrings
- 13 Gastrocnemius
- 14 Soleus
- 15 Erector Spinae
- 16 Rhomboids

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