

# HUMAN MUSCULAR SYSTEM REFERENCE CHART

<b>COMMON NAME</b>	<b>ANATOMICAL TERM</b>
Forehead	<i>Frontalis</i>
Jaw	<i>Masseter</i>
Neck (Side)	<i>Sternocleidomastoid</i>
Around Eyes	<i>Orbicularis Oculi</i>

<b>COMMON NAME</b>	<b>ANATOMICAL TERM</b>
Chest	<i>Pectoralis Major</i>
Six-pack	<i>Rectus Abdominis</i>
Sides/Waist	<i>External Oblique</i>
Upper Back	<i>Trapezius</i>
Mid Back	<i>Latissimus Dorsi</i>

<b>COMMON NAME</b>	<b>ANATOMICAL TERM</b>
Shoulder	<i>Deltoid</i>
Front Arm	<i>Biceps Brachii</i>
Back Arm	<i>Triceps Brachii</i>

Forearm

*Brachioradialis*

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**COMMON NAME**

**ANATOMICAL TERM**

Hip Flexor

*Iliopsoas*

Outer Thigh

*Tensor Fasciae Latae*

Front Thigh

*Quadriceps Femoris*

Shin

*Tibialis Anterior*

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**COMMON NAME**

**ANATOMICAL TERM**

Buttocks

*Gluteus Maximus*

Back Thigh

*Hamstrings*

Calf (Large)

*Gastrocnemius*

Calf (Deep)

*Soleus*

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**Notes:**

This chart serves as a general anatomical reference. Major muscle groups are categorized by region and superficial visibility.