

HUMAN MUSCULAR SYSTEM REFERENCE

Anatomical Chart for Educational Use

ANTERIOR (FRONT VIEW)

Anterior Diagram Space

Head & Neck

- Frontalis
 - Orbicularis Oculi
 - Zygomaticus
 - Masseter
 - Sternocleidomastoid
 - Platysma
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Torso & Core

- Pectoralis Major
 - Rectus Abdominis
 - External Oblique
 - Serratus Anterior
 - Intercostals
 - Transverse Abdominis
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Lower Limbs

- Rectus Femoris
 - Vastus Lateralis
 - Vastus Medialis
 - Sartorius
 - Tibialis Anterior
 - Gracilis
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POSTERIOR (BACK VIEW)

Posterior Diagram Space

Upper Back & Shoulders

- Trapezius
 - Deltoid (Posterior)
 - Infraspinatus
 - Teres Major
 - Latissimus Dorsi
 - Rhomboids
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Arms

- Triceps Brachii
 - Brachioradialis
 - Extensor Carpi
 - Flexor Carpi
 - Anconeus
 - Palmaris Longus
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Posterior Lower Body

- Gluteus Maximus
 - Gluteus Medius
 - Biceps Femoris
 - Semitendinosus
 - Gastrocnemius
 - Soleus
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