

MUSCULAR SYSTEM ANATOMY

Major Skeletal Muscle Identification Chart

[Anterior View Diagram]

Anterior (Front)

- **Chest** *Pectoralis Major*
 - **Shoulder** *Deltoid*
 - **Front Arm** *Biceps Brachii*
 - **Abdomen** *Rectus Abdominis*
 - **Thigh** *Quadriceps Femoris*
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[Posterior View Diagram]

Posterior (Back)

- **Upper Back** *Trapezius*
 - **Mid Back** *Latissimus Dorsi*
 - **Back Arm** *Triceps Brachii*
 - **Buttocks** *Gluteus Maximus*
 - **Back Leg** *Hamstrings*
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