

HUMAN MUSCULAR SYSTEM

Reference Chart & Identification Guide

ANTERIOR (FRONT VIEW)

ANTERIOR DIAGRAM AREA

01. Sternocleidomastoid Neck

02. Pectoralis Major Chest

03. Biceps Brachii Arm

04. Rectus Abdominis Core

05. External Oblique Core

06. Quadriceps Femoris Thigh

07. Tibialis Anterior Shin

POSTERIOR (BACK VIEW)

POSTERIOR DIAGRAM AREA

08. Trapezius Upper Back

09. Deltoid Shoulder

10. Latissimus Dorsi Mid Back

11. Triceps Brachii Arm

12. Gluteus Maximus Hip

13. Hamstrings Thigh

14. Gastrocnemius Calf

Anatomical Study Template â€” Modern Minimalist Series