

MAJOR HUMAN MUSCLE GROUPS

Anatomy Reference Chart

Pectorals Pec Major, Pec Minor
Deltoids Anterior & Lateral Head
Biceps Brachii Short & Long Head
Abdominals Rectus Abdominis, Obliques
Quadriceps Rectus Femoris, Vastus Lateralis

Trapezius Upper, Middle, Lower
Latissimus Dorsi "Lats" / Mid-Back
Triceps Brachii Lateral, Long, Medial Head
Gluteals Gluteus Maximus, Medius
Hamstrings Biceps Femoris, Semitendinosus
Calves Gastrocnemius, Soleus

Template for Educational Reference Only ðŸŒ¸ Muscle Group Diagram Chart