

PRIMARY MUSCULAR SYSTEM REFERENCE

Diagram Illustration Area

Muscle Group	Primary Function
Pectoralis Major	Adduction / Rotation
Biceps Brachii	Flexion of Elbow
Rectus Abdominis	Flexion of Trunk
Quadriceps	Extension of Knee
Deltoids	Abduction of Arm

Diagram Illustration Area

Muscle Group	Primary Function
Trapezius	Scapular Movement
Latissimus Dorsi	Extension / Adduction
Triceps Brachii	Extension of Elbow
Gluteus Maximus	Extension of Hip
Hamstrings	Flexion of Knee

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