

# HUMAN MUSCULAR SYSTEM

Anatomical Reference Guide

REFERENCE: MSK-2024 VIEW: ANTERIOR / POSTERIOR SCALE: 1:10

## ANTERIOR

### Head & Neck

FrontalisForehead

Orbicularis OculiEye

SternocleidomastoidNeck

### Torso & Core

Pectoralis MajorChest

Rectus AbdominisAbdominals

External ObliqueSide Abdominals

### Upper Extremities

DeltoidShoulder

Biceps BrachiiFront Arm

BrachioradialisForearm

### Lower Extremities

Rectus FemorisQuadriceps

Tibialis AnteriorShin

SartoriusInner Thigh

### Posterior Chain

TrapeziusUpper Back

Latissimus DorsiMid/Lower Back

Gluteus MaximusHip/Buttocks

Biceps FemorisHamstrings

GastrocnemiusCalf

Triceps BrachiiBack Arm

## POSTERIOR

Professional Medical Education Template © 2024 Anatomical Sciences Department