

# Muscular System Reference

Anatomical Identification & Study Log

Student / Practitioner

Date of Observation

## **Upper Body (Anterior)**

Pectoralis Major

Deltoids

Biceps Brachii

Rectus Abdominis

External Obliques

## **Lower Body (Anterior)**

Rectus Femoris

Vastus Lateralis

Sartorius

Tibialis Anterior

## **Upper Body (Posterior)**

Trapezius

Latissimus Dorsi

Triceps Brachii

Rhomboids

Erector Spinae

## **Lower Body (Posterior)**

Gluteus Maximus

Biceps Femoris

Gastrocnemius

Soleus

Clinical Notes / Observations

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