

MUSCULAR SYSTEM STUDY CHART

ANATOMY & PHYSIOLOGY

Student Name: _____

Date: _____

MUSCLE NAME	ORIGIN / INSERTION	PRIMARY ACTION	NOTES / SKETCH
Upper Body / Anterior			
Pectoralis Major		Adduction, Flexion	Sketch Fiber Orientation
Biceps Brachii		Forearm Supination	
Rectus Abdominis		Trunk Flexion	
Lower Body / Anterior			
Rectus Femoris		Knee Extension	Sketch Fiber Orientation
Tibialis Anterior		Dorsiflexion	
Sartorius		Hip Abduction	
Posterior Chain			

MUSCLE NAME	ORIGIN / INSERTION	PRIMARY ACTION	NOTES / SKETCH
Trapezius		Scapular Elevation	Sketch Fiber Orientation
Latissimus Dorsi		Arm Extension	
Gastrocnemius		Plantarflexion	

Academic Template - Human Anatomy Lab Series