



Trapezius

Deltoid

Pectoralis Major

Biceps

Brachialis

Brachioradialis

External Oblique

Trapezius

Deltoid

Triceps

Latissimus Dorsi

Wrist and Finger Extensors

Gluteus Medius

Gluteus Maximus

Hamstrings

Biceps Femoris

Semitendinosus

Semimembranosus

Gastrocnemius

Serratus Anterior

Rectus Abdominis

Internal Oblique

Wrist and Finger Flexors

Hip Flexors

Sartorius

Adductors
Pectineus
Gracilis
Adductor Magnus
Adductor Longus
Adductor Brevis

Quadriceps
Rectus Femoris
Vastus Intermedius
Vastus Medialis
Vastus Lateralis

Inner edge of Gastrocnemius

Soleus

Anterior Tibialis

ANTERIOR VIEW

POSTERIOR VIEW