

Muscle Group	Muscle	Origin	Insertion	Primary Action
Anterolateral Abdominal Wall	External oblique	-	-	Form a thick inguinal ligament inferiorly
	Rectus abdominis	-	-	Flexes lumbar vertebrae
Posterior Abdominal Wall	Psoas major	-	-	Flexes thigh on trunk, or trunk on thigh
	Iliacus	-	-	
Pectoral Girdle Movers	Serratus anterior	-	-	Stabilizes scapula, allows arm abduction above head, Rotates scapula
	Trapezius	-	-	
Shoulder and Thorax	Deltoid	Clavicle, scapula	Shaft of humerus	Flexes, abducts, extends humerus
	Rotator cuff (subscapularis)	Scapula	Capsule Of The Shoulder Joint	Stabilizes shoulder joint
	Rotator cuff (supraspinatus)	Scapula		Initiates arm abduction
	Pectoralis major	Clavicle, sternum, costal cartilages	Humerus	Flexes, adducts, medially rotates arm
Arm (Move the forearm)	Biceps brachii	Long head pass threw the intertubercular groove	Radial tuberosity	Flexes forearm, supinates forearm
	Brachialis & Brachioradialis	-	-	Flexes forearm
	Triceps brachii	-	-	Extends forearm
Forearm	Pronator quadratus	-	-	Pronates forearm
	Supinator	-	-	Supinates forearm
Gluteal Region	Gluteus maximus	-	-	Extends thigh
	Gluteus medius	-	-	Abducts, medially rotates thigh and tilt hip
	Gluteus minimus	-	-	
	Piriformis	-	-	Abducts and laterally rotates thigh
Thigh Muscles	Sartorius	Anterior superior iliac spine	Medial tibia	Flexes, abducts, laterally rotates thigh; flexes leg
	Quadriceps Femoris	-	-	Extends leg at knee joint, Rectus Femoris flexes thigh
Leg Muscles	Gastrocnemius	-	-	Plantar flexes foot, flexes leg
	Soleus	-	-	Plantar flexes foot
	plantaris	-	-	