

Muscles and Movements

Anterior View

Masseter – strongest

Sternocleidomastoid – rotates head

Deltoid – shoulder abduction

Biceps brachii – elbow flexion

Sartorius – hip rotation

Platysma – frowns

Adductor longus – hip adduction

Quadriceps – knee extension

Tibialis anterior – ankle dorsiflexion

Posterior View

Latissimus dorsi – shoulder adduction

Gluteus medius – hip abduction

Gluteus maximus – largest

Hamstrings – knee flexion

Trapezius – shrugs shoulders

Triceps brachii – elbow extension

Gastrocnemius – ankle plantarflexion