

My Muscle ID Coloring Book



This Coloring Book Belongs to:

Muscle Identification: Head & Neck



Frontalis (**pink**)



Occipitofrontalis → draw in
(**green**)



Orbicularis oris (**purple**)



Buccinator (**light green**)



Orbicularis oculi (**dark blue**)



Platysma (**orange**)



Zygomaticus major (**light blue**)



Masseter (**yellow**)



Temporalis (**brown**)



Sternocleidomastoid (**black**)



Splenius capitis (**red**)



Muscle Identification: Ankle, Foot, Toes



Tibialis anterior (**green**)



Soleus (**yellow**)



Peroneus brevis (**orange**)



Flexor digitorum longus (**red**)



Extensor digitorum longus (**pink**)



Peroneus longus (**brown**)



Gastronemius (**blue**)



Muscle Identification: Leg



Biceps femoris (**yellow**)



Semimembranosus (**orange**)



Rectus femoris (**red**)



Vastus medialis (**green**)



Semitendinosus (**blue**)



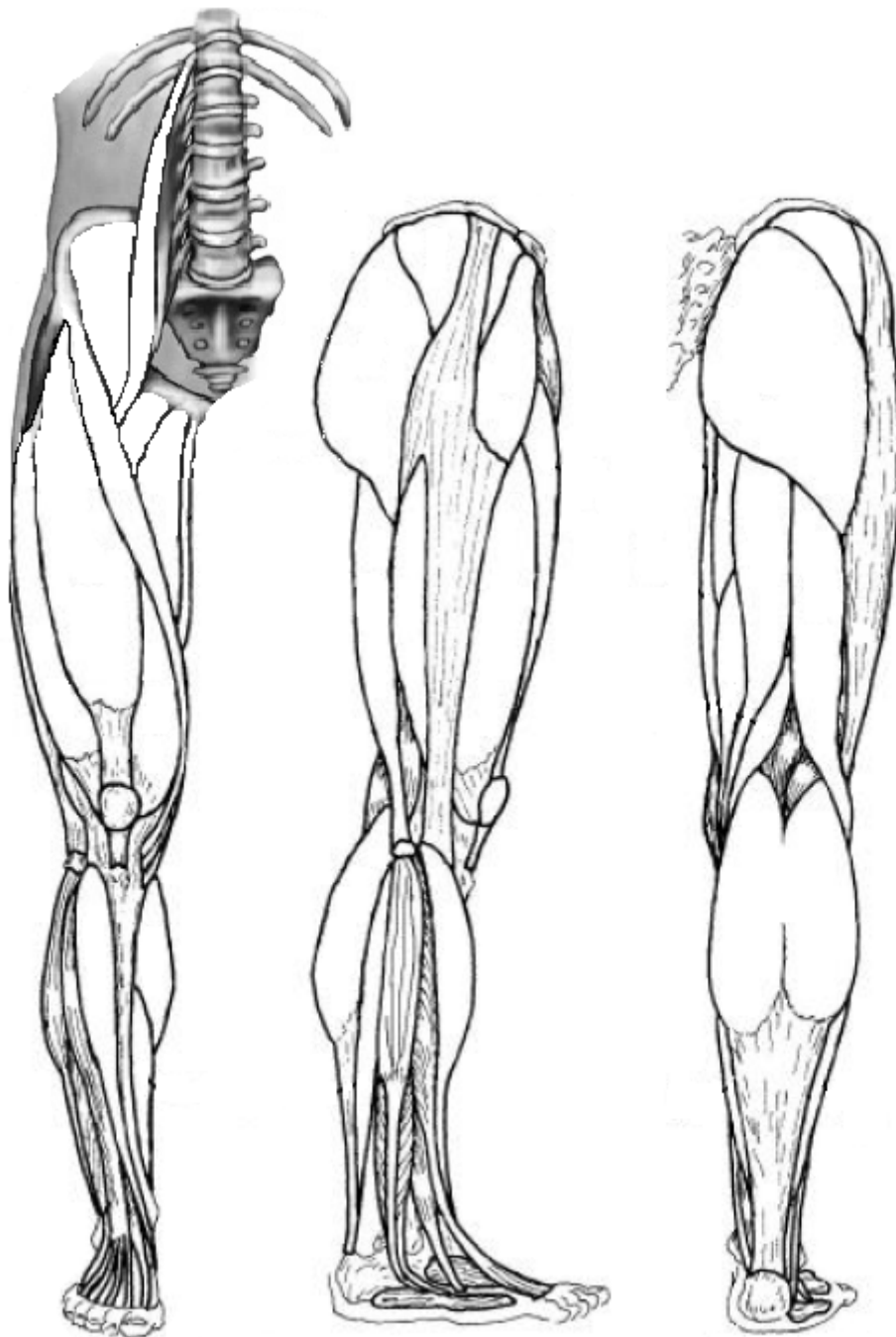
Sartorius (**pink**)



Vastus lateralis (**purple**)



Vastus intermedium (**black**)



Muscle Identification: Thigh

☐ Iliopsoas major (purple)

☐ Gluteus maximus (blue)

☐ Gluteus medius (light blue)

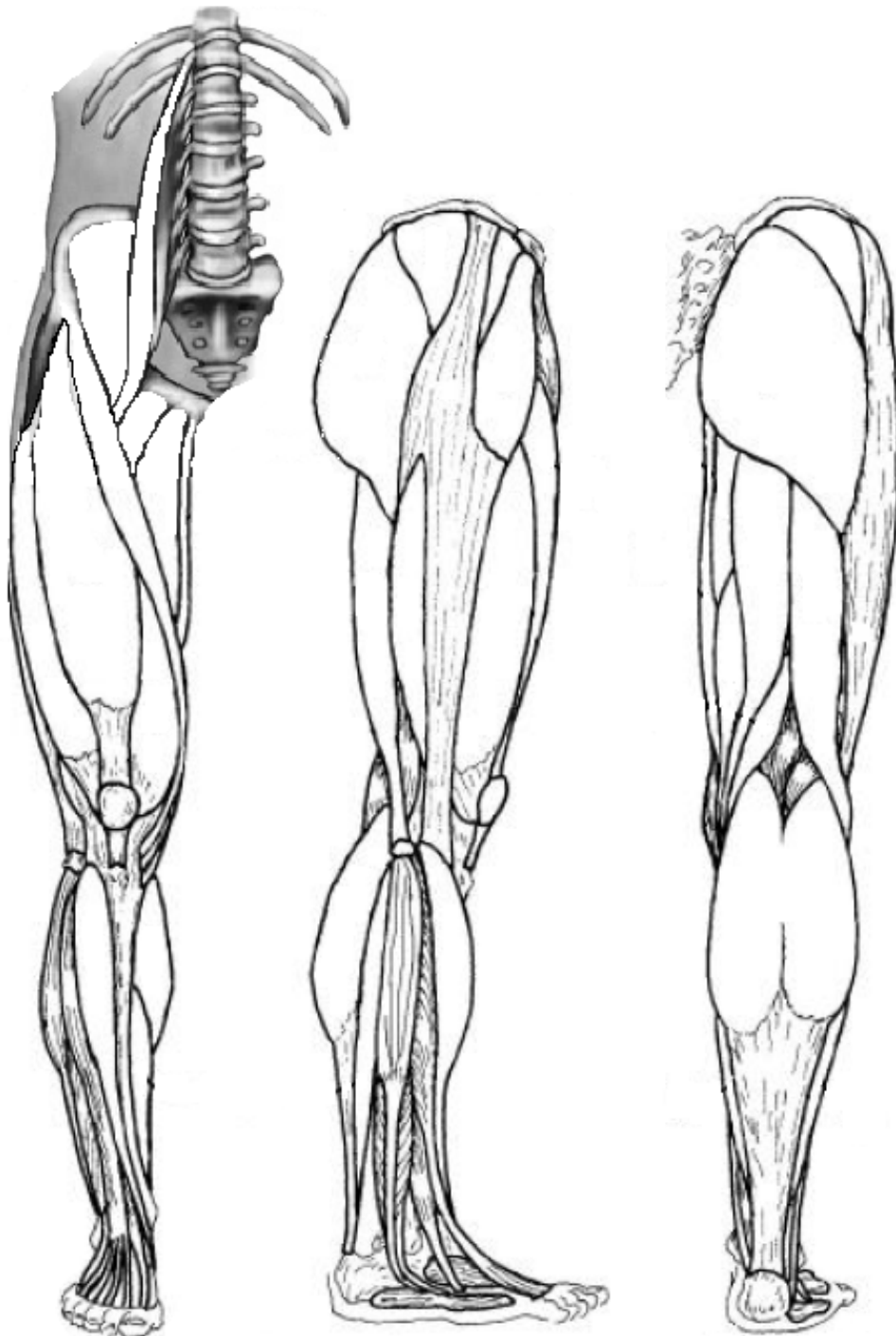
☐ Adductor longus (pink)

☐ Gracilis (green)

☐ Iliacus (yellow)

☐ Adductor magnus (orange)

☐ Tensor faciae latae (red)



Muscle Identification: Abdominal Wall

☐ External oblique (**brown**)

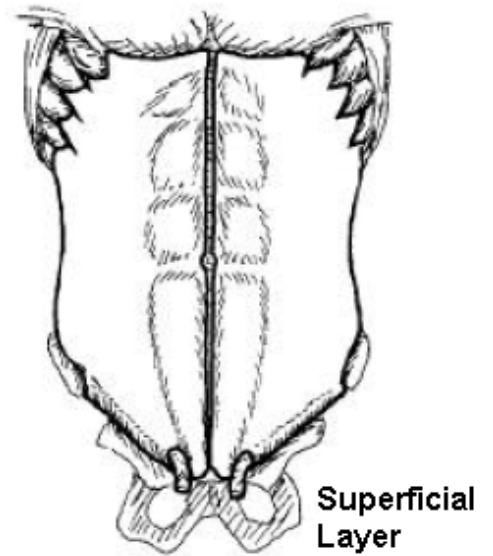
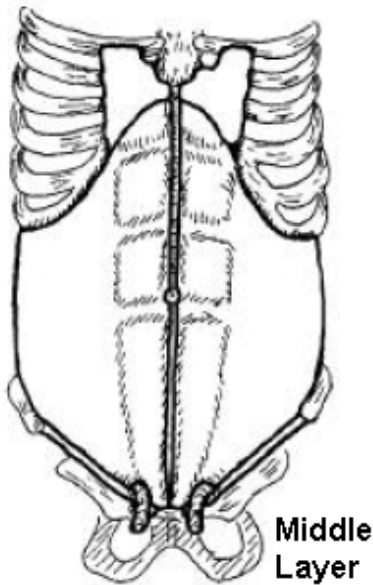
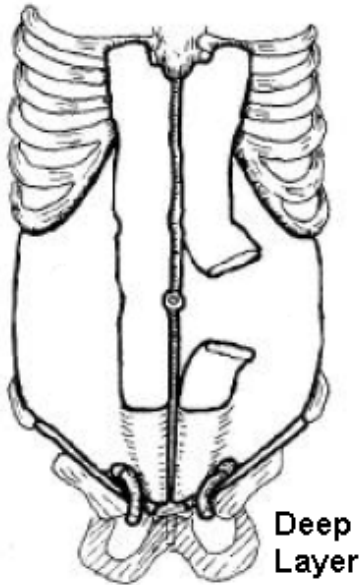
☐ Rectus abdominus (**green**)

☐ Internal oblique (**blue**)

☐ Diaphragm → draw in (**orange**)

☐ Transversus abdominus (**red**)

☐ Intercostals (**yellow**)



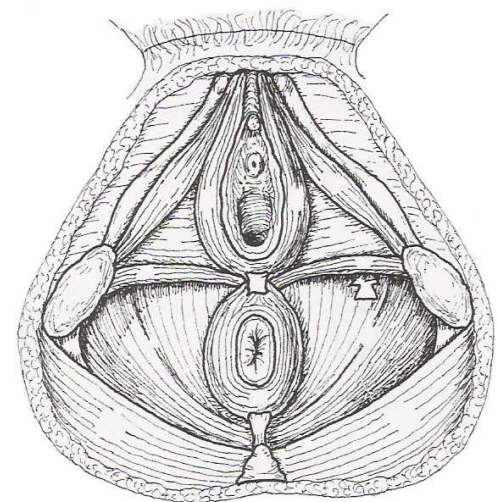
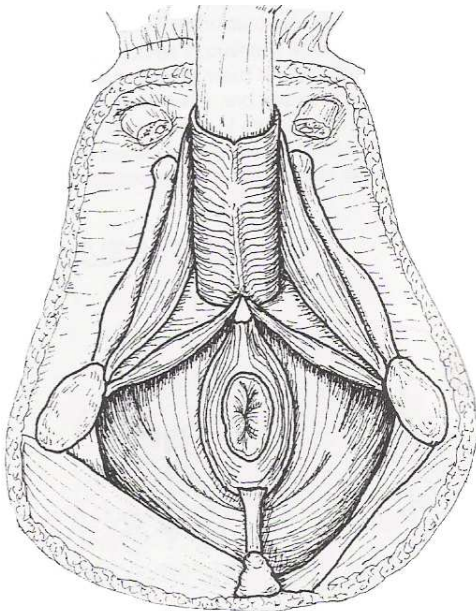
Muscle Identification: Pelvic Outlet

☐ Levator ani (**grey**)

☐ Bulbospongiosus (**blue**)

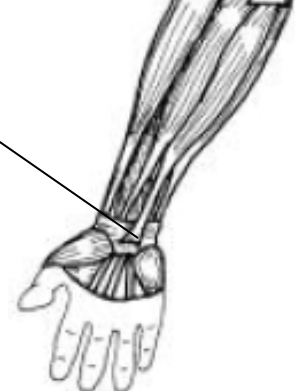
☐ Superficial transverse perineal (**pink**)

☐ Ichiocavernosus (**yellow**)



Muscle Identification: Forearm

- ☐ Biceps brachii (**pink**)
- ☐ Brachialis (**light green**)
- ☐ Brachioradialis (**red**)
- ☐ Triceps brachii (**grey**)
- ☐ Supinator (**brown**)
- ☐ Pronator teres (**teal-ish**)
- ☐ Flexor digitorum superficialis (**light blue**)
- ☐ Flexor carpi radialis (**green**)
- ☐ Flexor carpi ulnaris (**orange**)
- ☐ Palmaris longus (**dark blue**)
- ☐ Flexor pollicis (**light orange**)
- ☐ Extensor carpi radialis longus (**black**)
- ☐ Extensor carpi radialis brevis (**brown**)
- ☐ Extensor carpi ulnaris (**purple**)
- ☐ Extensor digiti minimi (**yellow**)
- ☐ Extensor digitorum (**light blue/purple**)



Muscle Identification: Move the Arm

☐ Coracobrachialis (dark green)

☐ Pectoralis major (orange)

☐ Teres major (red)

☐ Latissimus dorsi (purple)

☐ Teres minor (dark blue)

☐ Internal intercostals (gray)

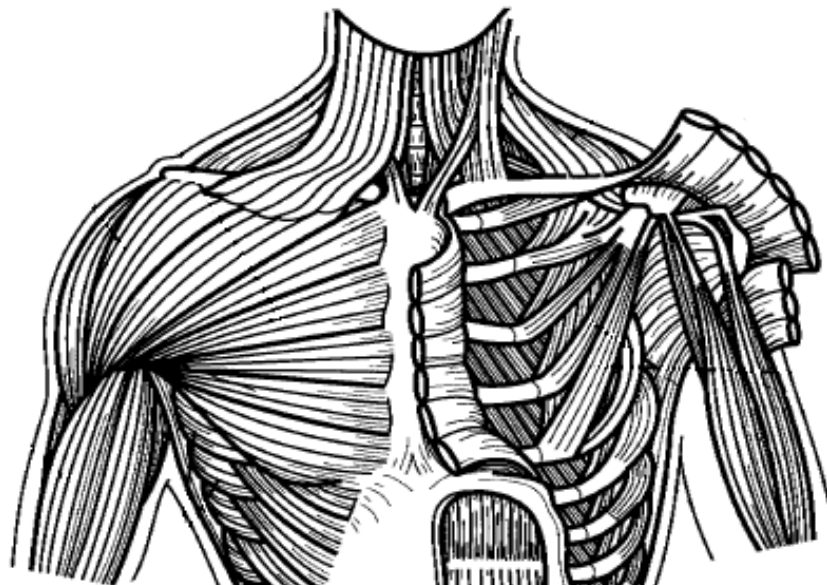
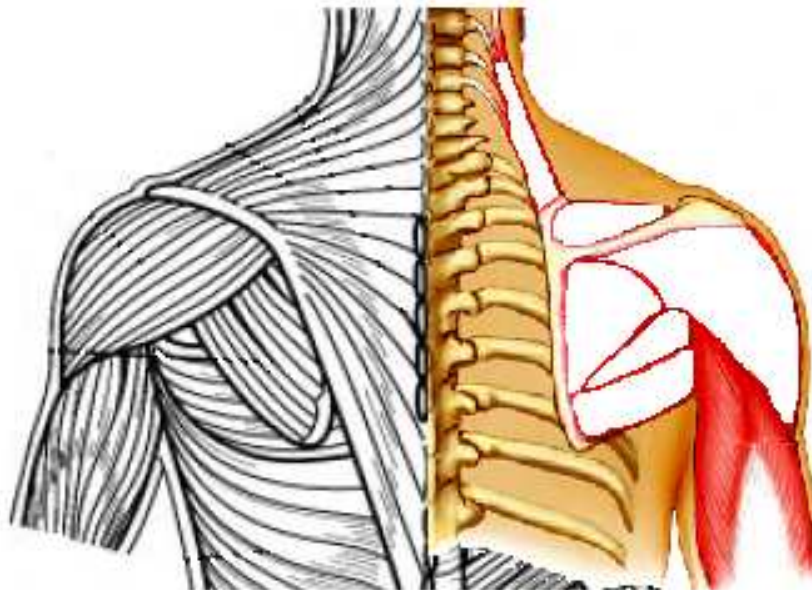
☐ Supraspinatus (light green)

☐ Deltoids (pink)

☐ Subscapularis (yellow)

☐ Infraspinatus (light blue)

External intercostals (black)



Muscle Identification: Neck & Pectoral Girdle

- ☐ Trapezius (**yellow**)
- ☐ Rhomboideus major (**red**)
- ☐ Splenius capitis (**orange**)
- ☐ Serratus anterior (**light blue**)

- ☐ Pectoralis minor (**green**)
- ☐ Levator scapulae (**dark blue**)
- ☐ Semispinalis capitis (**pink**)

