Vocab List: Muscle Names and Locations

Use the following list to be able to visually identify a muscle, what its job is and its location in the body

Head/Neck:

1. Temporalis
2. Masseter
3. Orbicularis oculi
4. Orbicularis oris
5. Nasalis
6. Zygomaticus minor
7. Zygomaticus major
8. Medial rectus
9. Inferior rectus
10. Superior rectus
11. Lateral rectus

Trunk

1. Trapezius
2. Deltoid
3. brachialis
4. Pectoralis major
5. Latissimus dorsi
6. Infraspinatus
7. Teres minor
8. Teres major
9. Gluteus maximus
10. Gluteus medius
11. Gluteus minimus
12. Diaphragm
13. Rectus abdominis
14. External Oblique

Arms:

1. Biceps brachii
2. Triceps brachii
3. Brachioradialis
4. Flexor carpi ulnaris
5. Extensor carpi ulnaris
6. Anconeus
7. Extensor digitorum
8. Abductor pollicis brevis
9. Flexor pollicis brevis

Legs:

1. Biceps Femoris
2. Sartorius
3. Tensor fasciae latae
4. Adductor brevis
5. Adductor longus
6. Adductor magus
7. Pectineus
8. Gracilis
9. Rectus Femoris
10. Vastus lateralis
11. Vastus medialis
12. Gastrocnemius
13. Soleus
14. Tibials anterior
15. Semitendinosus
16. Quadriceps femoris