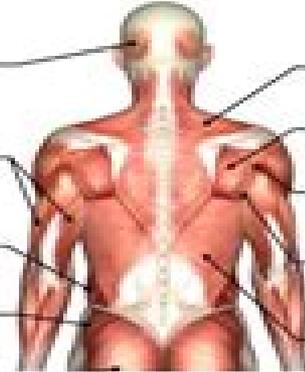


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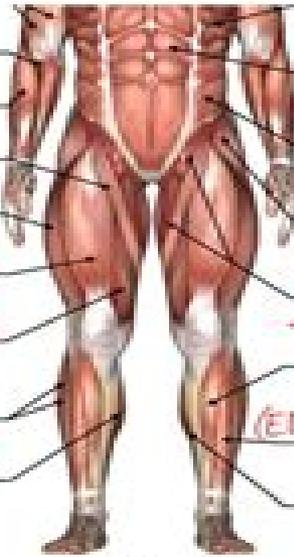


# MAJOR MUSCLES

# STUDY WORKSHEETS

*Triceps*  
*Steer*  
*Foot*  
*Bicep*

*Pronator*  
*Brachioradialis*  
*Sartorius*  
*Vastus Lateralis*  
*Rectus Femoris*  
*Vastus Medialis*  
*Fibularis Longus & Brevis*  
*Gastrocnemius*

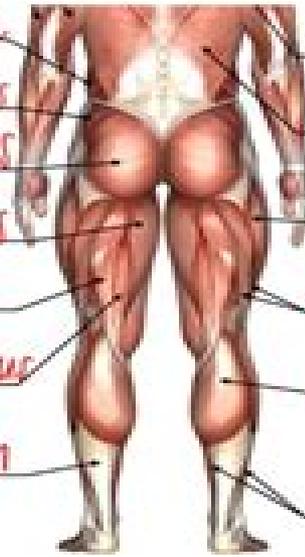


Anterior View

*Rectus Abdominis*  
*External Oblique (TFL)*  
*Tensor Fasciae Latae*  
*Adductor Group*  
*Tibialis Anterior*  
*Extensor Digitorum Longus (EDL)*  
*Soleus*

*Well-Known Pigeon*

*External Oblique*  
*Gluteus Medius*  
*Gluteus Maximus*  
*Adductor Magnus*  
*Semitendinosus*  
*Semimembranosus*  
*Achilles Tendon*



*Teres Major*  
*Latissimus Dorsi*  
*Vastus Lateralis*  
*Biceps Femoris*  
*Gastrocnemius*  
*Soleus*

ANSWERS ON THE BACK

# Muscle Labeling Study Guide

**L Towne**



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