



## List of 50 Major Skeletal Muscles for 2016

### Head and Neck

Frontalis  
Orbicularis oris  
Orbicularis oculi  
Occipitofrontalis  
Zygomaticus major  
Masseter  
Sternocleidomastoid  
Trapezius  
Buccinator

### Move Upper Extremities

Pectoralis major  
Latissimus dorsi  
Deltoid  
Teres major  
Biceps brachii  
Triceps brachii  
Brachialis  
Brachioradialis  
Palmaris longus  
Flexor carpi radialis.  
Flexor digitorum superficialis  
Extensor carpi radialis  
Extensor digitorum  
Extensor digiti minimi  
Extensor carpi ulnaris

### Muscles of the Trunk

External Intercostals  
Internal Intercostals  
Transverse abdominis  
Infraspinatus  
Rectus abdominis  
Serratus anterior  
Diaphragm

### Move the Lower Extremities

Iliopsoas  
Sartorius  
Gluteus maximus  
Gluteus medius  
Tensor fasciae latae  
Adductor longus  
Gracilis  
Semimembranosus  
Semitendinosus  
Biceps femoris  
Rectus femoris  
Vastus lateralis  
Vastus intermedium  
Vastus medialis  
Tibialis anterior  
Gastrocnemius  
Soleus  
Peroneus longus  
Peroneus brevis