**MUSCLE GROUPING - KEY**

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| **MUSCLE GROUP (Location)** | **MAJOR MUSCLES** |
| **Upper and Lower Arm (5) – From Shoulder down** | **2. DELTOIDS 22. TRICEPS BRACHII**  **8 BICEPS BRACHII 29. BRACHIORADIALIS**  **13. BRACHIALIS** |
| **ABDOMINAL WALL**  **(4 total, add the remaining 3)** | 1. **Internal Obliques 26. TRANSVERSE ABDOMINIS**   **9. RECTUS ABDOMINIS**  **16. EXTERNAL OBLIQUES** |
| **HEAD/Facial**  **(2)** | **18. MASSETER**  **20. FRONTALIS** |
| **CERVICAL and THORACIC**  **(6)** | **3. PECTORALIS MINOR 21. TRAPEZIUS**  **10. STERNOCLEIDOMASTOIDS 27. SERRATUS ANTERIOR**  **15. LATISSIMUS DORSI 34. PECTORALIS MAJOR** |
| **HAMSTRINGS**  **(3)** | **14. SEMIMEMBRANOSUS 31. BICEPS FEMORIS**  **24. SEMITENDINOSUS** |
| **QUADRICEPS**  **(4 Total add 3)** | 1. **Vastus Lateralis 30. VASTUS INTERMEDIUS**   **25. VASTUS MEDIALIS 5. RECTUS FEMORIS** |
| **GROIN ORIGIN – mostly for adduction**  **(3)** | **7. GRACILIS**  **19. ADDUCTOR LONGUS**  **17. PECTINEUS** |
| **HIP FLEXORS**  **(2)** | **12 SARTORIUS (also rotates lower leg)**  **33. ILIOPSOAS** |
| **BUTTOCKS**  **(3 Total , add the remaining 2)** | 1. **Gluteus Minimus**   **11. GLUTEUS MEDIUS**  **32. GLUTEUS MAXIMUS** |
| **CRURAL (CALF) REGION**  **(4)** | **4. PERRONEUS LONGUS 6. GASTROCNEMIUS**  **23. TIBIALIS ANTERIOR**  **28. SOLEUS** |