**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 LONGUS6. GASTROCNEMIUS****23. TIBIALIS ANTERIOR****28. SOLEUS** |