**MUSCLE ID - KEY**

1. **Coracobrachialis** (Adducts and flexes Humerus)
2. **Serratus Anterior** (Pulls Scapula down and anterior)
3. **Pectoralis Minor** (Pulls Scapula forward and down to help depress shoulder)
4. **Sternocleidomastoids** (Flexes Cervical Spine)
5. **Transverse Abdominus** (Compresses abdominal wall)
6. **Gluteus Medius** : (Abducts and Rotates thigh)
7. **Perroneus Longus** (Everts the foot)
8. **Vastus Medialis** (Extends the knee)
9. **Biceps Femoris** (Flexes the knee)