

Region	Muscle	Origin (Bone Only)	Insertion (Bone Only)	Action
Neck	Sternocleidomastoid			
Trunk	Trapezius			
	Latissimus dorsi			
	Serratus anterior			
	Rhomboidius major			
	Rectus abdominus			
	External oblique			
	Internal Oblique			
	Pectoralis major			
Rotator Cuff	Supraspinatus			
	Infraspinatus			
	Subscapularis			
	Teres major			
Arm	Deltoid			
	Triceps Brachii			
	Brachioradialis			
	Brachialis			

Region	Muscle	Origin (Bone Only)	Insertion (Bone Only)	Action
Butt	Gluteus maximus			
	Gluteus medius			
Upper Leg	Adductor femoris			
	Adductor longus			
	Iliopsoas (aka Psoas)			
	Sartorius			
	Tensor Faciae latae			
	Gracilis			
Quadriceps	Rectus femoris			
	Vastus lateralis			
	Vastus medialis			
	Vastus intermedius			
Hamstrings	Biceps femoris			
	Semitendinosus			
	Semimembranosus			
Lower Leg	Gastrocnemius			
	Soleus			
	Tibialis anterior			