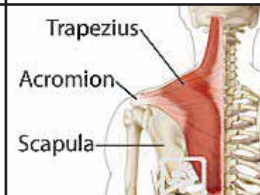
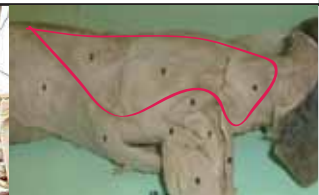


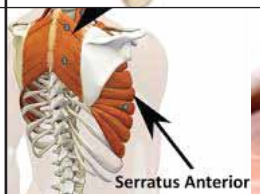



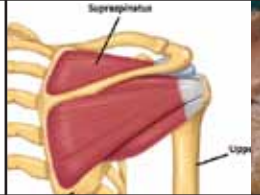

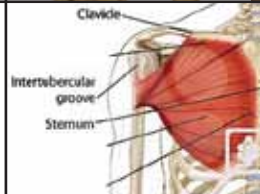





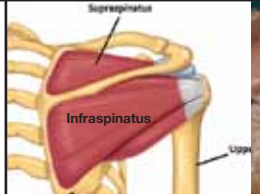

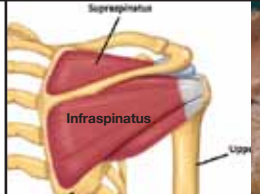

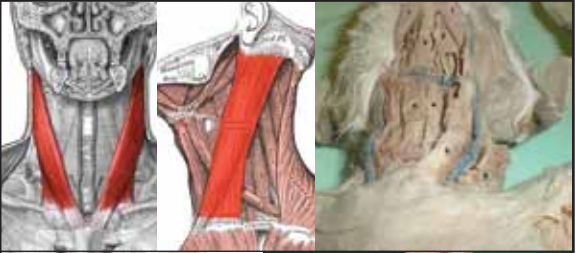


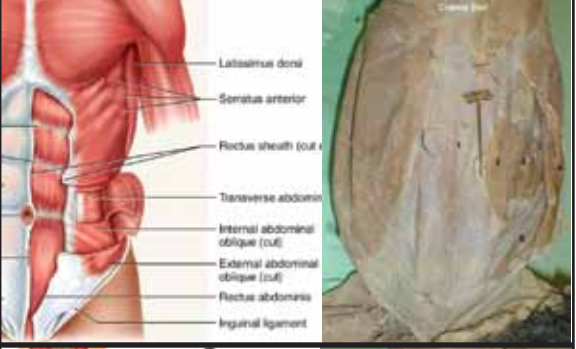
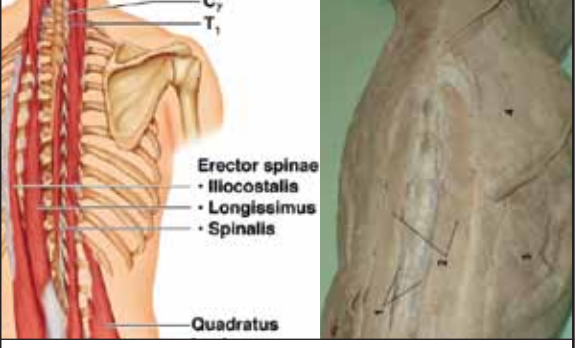



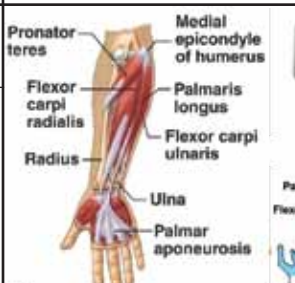




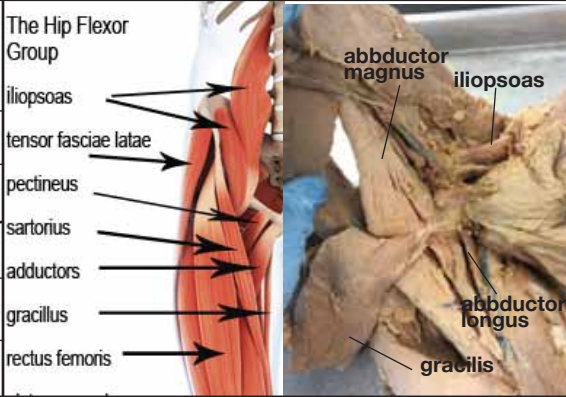
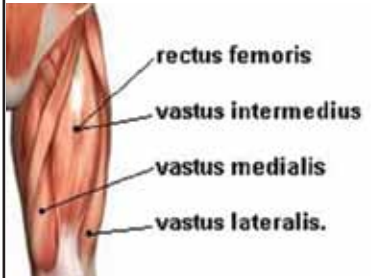

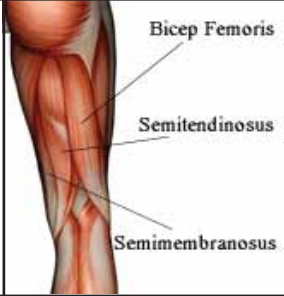
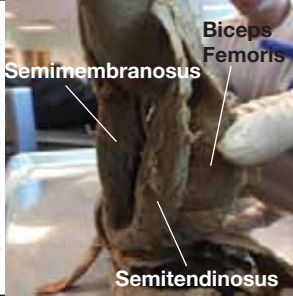

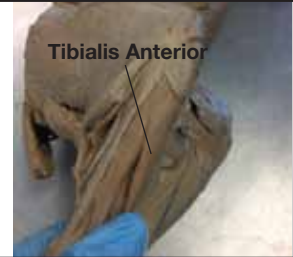

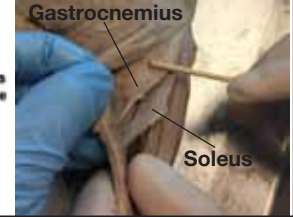
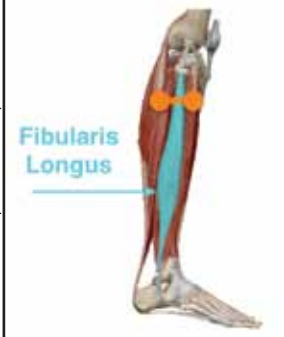
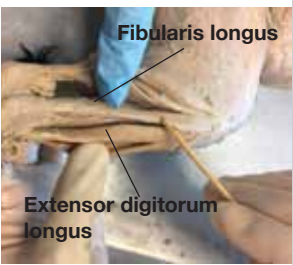


MUSCLE	ORIGIN	INSERTION	ACTION	ANTAGONIST	LOCATION
Trapezius	Vertebrae	Clavicle&Scapula	Elevates & adducts Shoulders		 
Rhomboides(<i>deep</i>)	Vertebrae	Scapula	adducts Shoulders		 
Serratus Anterior	Ribs	Scapula	adducts Shoulders		 
Deltoid	Scapula&Clavicle	Humerus	abducts the upper arm	Pectoralis & Latissimus Dorsi	 
Supraspinatus(<i>deep</i>)	Scapula	Humerus	abducts the upper arm		 
Pectoralis	Sternum&Clavicle	Humerus	adducts the upper arm	Deltoid	 
Latissimus dorsi	thoraco & Lumbar Vertebrae	Humerus	adducts & rotates the upper arm <u>medially</u>	Deltoid	 
Teres major(<i>deep</i>)	Scapula	Humerus	adducts the upper arm	No.8 on Cat	 
Subscapularis(<i>deep</i>)	Scapula	Humerus	rotates the upper arm <u>medially</u>	No.9 on Cat	 
Infraspinatus(<i>deep</i>)	Scapula	Humerus	rotates the upper arm <u>laterally</u>		 

MUSCLE	ORIGIN	INSERTION	ACTION	ANTAGONIST	LOCATION
Sternocleido-mastoid Sternomastoid Cleiodmastoid	Sternum&Clavicle Sternum Clavicle	Temporal Temporal Temporal	Flexes the nect Flexes the nect Flexes the nect	Splenius Splenius No.4 on Cat Splenius No.5 on Cat	
Splenius	Thoracic Vertebrae	Occipital	extends/hyperextends the nect	Sternocleidomastoid	
Mylohyoid (<i>deep</i>)	Mandible	Hyoid Bond	Elevates the hyoid bone when swallowing		
Rectus No.2 on Cat Abdominus	Pubic Symphysis	Sternum	Flexes the waist	Erector Spinae Muscles	
Ext. Abdominal Oblique No.4 on Cat	Ribs	Linea alba	Flexes the waist	Erector Spinae Muscles	
Int. Abdominal Oblique No.5 on Cat	Thoraco-Lumbar Vertebrae	Linea alba	Flexes the waist	Erector Spinae Muscles	
Transversus Oblique No.3 on Cat	Thoraco-Lumbar Vertebrae	Linea alba Vertebrae	Flexes the waist	Erector Spinae Muscles	
Spinalis Dorsi No.1 on Cat	Sacral Vertebrae	Cervical Vertebrae	extends/hyperextends the back	Abdominal muscles	
Longissimus Dorsi No.2 on Cat	Sacral Vertebrae	Cervical Vertebrae	extends/hyperextends the back	Abdominal muscles	
Ext. Intercostal Muscle	Rib	Rib	Elevates rib cage		
Int. Intercostal Muscle	Rib	Rib	lower rib cage		

MUSCLE	ORIGIN	INSERTION	ACTION	ANTAGONIST	LOCATION	
Biceps Brachii	Scapula	Radius	1. flexes the forearm 2. supinate the hand	Triceps brachii Pronator teres		
Brachialis Brachioradialis	Humerus Humerus	Ulna radius	flexes the forearm flexes the forearm			
Triceps Brachii	Long head of the Triceps Brachii	Scapula	extensor the forearm	Biceps Brachii		
	Lateral head of the Triceps Brachii	Humerus	extensor the forearm	Biceps Brachii		
	Medial head of the Triceps Brachii	Humerus	Ulna	extensor the forearm	Biceps Brachii	
	Pronator teres	Humerus	Radius	Pronate the hand	Biceps Brachii	
	Flexor carpi radius Palmaris longus Flexor carpi ulnaris	Humerus Humerus Humerus	Metacarpal Metacarpal Metacarpal	flexes (& abducts) the hand flexes the hand flexes the hand	Extensor carpi radius Extensor digitorum Extensor carpi ulnaris	
	Extensor carpi radius Extensor digitorum Extensor carpi ulnaris	Humerus Humerus Humerus	Metacarpal Metacarpal Metacarpal	extends (& abducts) the hand extend the hand Extend the hand	Flexor carpi radius Palmaris longus Flexor carpi ulnaris	
Gluteus Maximus	ilium	Femur	Extend & Hyperextend the thigh	iliopsoas		
Gluteus Medius	ilium	Femur	abducts the thigh			
Iliopsoas	ilium & lumbar Vertebrae	Femur	1 flexed the thigh 2 flexed the waist	Gluteus Maximus		
Sartorius	ilium	Tibia	Flexed the thigh			
Tensor Fascia Lata	ilium	Tibia	abducts the thigh			
Gracilis	Pubic Symphysis	Tibia	adduct the thigh			
Adductor magnus	Pubic Symphysis	Tibia	adduct the thigh			
Adductor longus	Pubic Symphysis	Tibia	adduct the thigh			

	MUSCLE	ORIGIN	INSERTION	ACTION	ANTAGONIST	LOCATION
Quadriceps femoris	Rectus femoris	ilium	Tibia	extends the lower leg	"Hamstring Group" Biceps Femoris Semitendinosus Semimembranosus	 
	Vastus Lateral	femur	Tibia	extends the lower leg		
	Vastus Medial	femur	Tibia	extends the lower leg		
	Vastus intermedius	femur	Tibia	extends the lower leg		
Hamstring Group	Biceps Femoris	Ischial Tuberosity	Tibia	flexes the lower leg	"Quadriceps femoris" rectus femoris vastus lateral vastus medial vastus intermedius	 
	Semitendinosus	Ischial Tuberosity	Tibia	flexes the lower leg		
	Semimembranosus	Ischial tuberosity	Tibia	flexes the lower leg		
	Tibialis Anterior	Tibia	Metatarsal	1 dorsiflexes the foot 2 inverts the foot	1 Gastrocnemius 2 Fibularis (peroneus)	 
	Gastrocnemius	Femur	Calcaneous	plantarflexes the foot	Tibialis Anterior	 
	Soleus	Tibia	Calcaneous	plantarflexes the foot	Tibialis Anterior	
	Fibularis longus (Peroneus)	Fibula	Metatarsal	everts the foot	Tibialis anterior	 
	Flexor digitorum longus	Tibia	Phalanges	flexes the toes	Extensor digitorum longus	
	Extensor digitorum longus	Tibia	Phalanges	extends the toes	Flexor digitorum longus	