Major Areas of the Musculature Anatomy Chart

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| Front View (Anterior) Important Muscles   1. Neck    1. Trapezius 2. Chest    1. Pectoralis Major 3. Shoulders    1. Deltoid (Anterior Head & Middle Head) 4. Biceps    1. Brachialis    2. Biceps Brachii 5. Forearms    1. Extensor Carpi Ulnaris    2. Brachioradialis 6. Abs    1. External Oblique    2. Rectus Abdominis 7. Thighs (Quadriceps)    1. Vastus Medialis    2. Vastus Lateralis    3. Rectus Femoris    4. Sartorius 8. Calves    1. Gastrocnemius    2. Soleus    3. Tibialis Anterior | Back View (Posterior) Important Muscles   1. Back    1. Trapezius    2. Teres Major    3. Infraspinatus    4. Rhomboid Major    5. Latissimus Dorsi    6. Erector Spinae 2. Shoulders    1. Deltoid (Posterior Head) 3. Triceps    1. Triceps Brachii (lateral head, long head, and medial head) 4. Glutes    1. Gluteus Maximus 5. Forearms    1. Extensor Carpi Ulnaris    2. Flexor Carpi Ulnaris    3. Brachioradialis 6. Hamstrings    1. Biceps Femoris    2. Semitendinosus    3. Semimembranosus 7. Calves    1. Gastrocnemius    2. Soleus |