Upper pectoralis major
Lower pectoralis major
Pectoralis minor (deep)
Serratus anterior
Anterior deltoid
Lateral deltoid
Latissimus dorsi
Rectus abdominis
Tensor fasciae latae
Iliopsoas
Iliacus
Psoas major
Pectineus
Sartorius
Tibialis anterior
Extensor digitorum longus

Upper trapezius
Middle trapezius
Lower trapezius
Posterior deltoid
Biceps brachii, short head
Biceps brachii, long head
Triceps brachii, lateral head
Triceps brachii, long head
Triceps brachii, medial head
Brachialis
Brachioradialis
Wrist extensors
Obliques
Adductor brevis (deep)
Adductor longus
Gracilis
Adductor magnus
Vastus lateralis
Vastus intermedius (deep)
Rectus femoris
Plantaris
Popliteus (deep)
Vastus medialis
Gastrocnemius, medial head
Gastrocnemius, lateral head
Soleus

Levator scapulae
Infraspinatus
Supraspinatus (deep)
Teres minor
Teres major
Rhomboids (deep)
Latissimus dorsi
Wrist flexors
Erector spinae (deep)
Gluteus medius
Gluteus minimus (deep)
Gluteus maximus
Biceps femoris
Semitendinosus
Semimembranosus

Adductors   Quadriceps   Calves   Gluteals   Hamstrings

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