

Name **KEY**

Muscle Table

Muscle	Action	Muscle Group
Rectus Femoris	Extends leg, flexes thigh	Quadriceps
Vastus Lateralis	Extends leg	Quadriceps
Vastus Medialis	Extends leg	Quadriceps
Vastus Intermedius	Extends leg	Quadriceps
Biceps Femoris	Flexes leg, extends thigh	Hamstrings
Semitendinosus	Flexes leg, extends thigh	Hamstrings
Semimembranosus	Flexes leg, extends thigh	Hamstrings
Sartorius	Flexes leg, flexes and laterally rotates thigh	Hip flexor
Adductor Magnus	Adducts thigh	Groin/adductor
Gracilis	Adducts thigh, flexes leg	Groin/adductor
Gluteus Maximus	Extends thigh	
Peroneals	Plantarflexes and everts foot	
Tibialis Anterior	Dorsiflexes foot	
Gastrocnemius	Plantarflexes foot and flexes leg	Calf
Soleus	Plantarflexes foot	Calf
Tibialis Posterior	Plantarflexes foot	
Trapezius	Shrugs shoulders, when both contract extends head	

Rhomboids	Retracts scapula	
Pectoralis Major	Adducts and flexes arm	
Triceps Brachii	Extends forearm and arm	
Biceps Brachii	Flexes and supinates forearm and flexes arm	
Supraspinatus	1 st 10° of abduction – as group holds head of humerus into socket	SITS/rotator cuff
Infraspinatus	As group holds head of humerus into socket	SITS/rotator cuff
Teres Minor	As group holds head of humerus into socket	SITS/rotator cuff
Subscapularis	As group holds head of humerus into socket	SITS/rotator cuff
Lastissimus Dorsi	Adducts, extends and medially rotates arm	
Anterior Deltoid	Abducts, flexes and medially rotates arm	
Middle Deltoid	Abducts arm	
Posterior Deltoid	Abducts, extends and laterally rotates arm	
Rectus Abdominus	Flexes trunk/vertebral column and compresses abdomen	Abdominals
Internal Obliques	Compresses abdomen	Abdominals
External Obliques	Compresses abdomen	Abdominals
Transverse Abdominus	Compresses abdomen	Abdominals