

## Key to Website Muscle Chart Quizzes:

### Muscle Chart #1:

1. Brachialis (cut)
2. Biceps brachii
3. Coracobrachialis

### Muscle Chart #2:

1. (Anterior) Deltoid (cut)
2. Subscapularis
3. Pectoralis major (cut)
4. Teres major
5. Latissimus dorsi (cut)
6. Coracobrachialis
7. Deltoid (distal tendon - cut)
8. Pectoralis major (distal tendon - cut)

### Muscle Chart #3:

1. Supraspinatus
2. Pectoralis major (cut)
3. Pectoralis minor
4. Teres major
5. Latissimus dorsi (cut)
6. Triceps brachii (long head)
7. Triceps brachii (medial/deep head)
8. Brachialis
9. Biceps brachii (distal tendon - cut)
10. Triceps brachii (lateral head)
11. Deltoid (distal tendon - cut)
12. Coracobrachialis
13. Pectoralis major (cut)
14. Subscapularis
15. Biceps brachii (long and short heads - cut)

### Muscle Chart #4:

1. Sternocleidomastoid (SCM)
2. Trapezius
3. Infraspinatus (fascia covering)
4. Deltoid (posterior)
5. Triceps brachii
6. Teres major
7. Latissimus dorsi
8. Erector spinae
9. Teres minor
10. Infraspinatus

11. Supraspinatus
12. Rhomboids (minor and major)
13. Serratus posterior superior
14. Levator scapulae
15. Splenius cervicis
16. Splenius capitis
17. Semispinalis capitis

Muscle Chart #5:

1. Gluteus medius
2. Tensor fasciae latae (TFL)
3. Sartorius
4. Femoral nerve, artery, and vein
5. Iliotibial band (ITB)
6. Vastus lateralis (of Quadriceps femoris group)
7. Rectus femoris (of Quadriceps femoris group)
8. Vastus medialis (of Quadriceps femoris group)
9. Sartorius (of pes anserine group)
10. Gracilis (of pes anserine group)
11. Semitendinosus (of pes anserine group)
12. Gastrocnemius (medial head)
13. Soleus
14. Fibularis longus (peroneus longus)
15. Extensor digitorum longus
16. Tibialis anterior
17. Adductor magnus
18. Gracilis
19. Adductor longus
20. Pectineus
21. Iliopsoas (iliacus and psoas major)
22. Obturator externus
23. Gluteus minimus
24. Gluteus medius
25. Piriformis
26. Iliacus
27. Psoas major
28. Psoas minor