

Muscle	Origin	Insertion	Action
Gluteus maximus			
Gluteus medius			
Gluteus minimus			
Psoas major			
Iliacus			
Adductor magnus			
Adductor longus			
Adductor brevis			
Pectineus			
Sartorius			
Quadriceps Rectus femoris			
Vastus lateralis			
Vastus medialis			
Vastus intermedius			
Peroneus longus and brevis			
Hamstrings:			
Hamstrings Semi tendonosis			
Hamstrings Semi membranosis			
Biceps femoris			
Gastrocnemius			
Soleus			
Tibialis anterior			
Deltoid			
Bicep			
Tricep			
Brachialis			
Pectoralis major			
Latissimus dorsi			
Rotator cuff muscles			
• Subscapularis			
• Supraspinatus			
• Infraspinatus			
• Teres major and minor			
Trapezius			
Sterno-cleidomastoid			
Serratus anterior			
Erector spinae			
Quadratus lumborum			
Abdominals			
• Transverse abdominus			
• Rectus abdominus			
• Internal and external obliques			