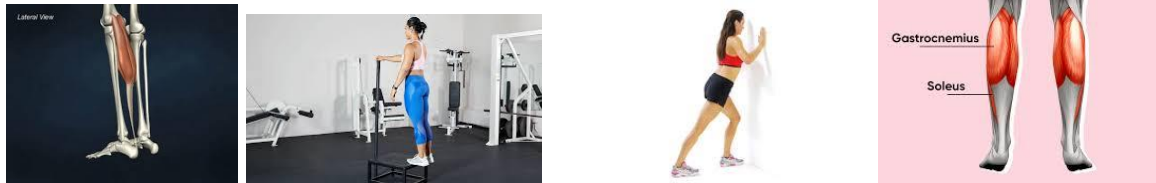


Anatomy

Jose Martinez.

Gastrocnemius: The chief muscle of the calf of the leg, which flexes the knee and foot.



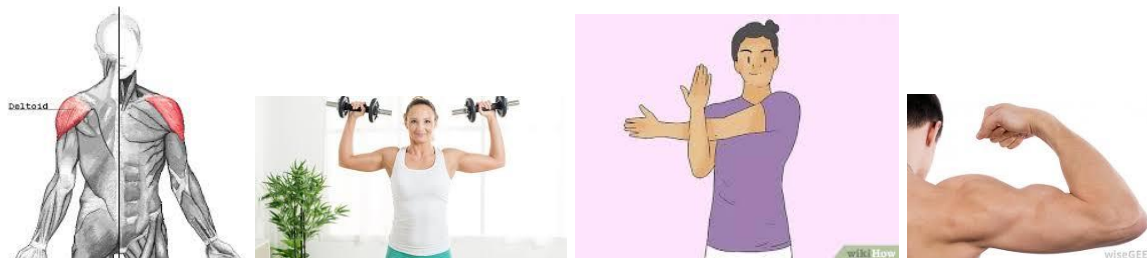
Quadriceps: Is one of the largest muscles in your body, it includes the four prevailing muscles on the front of the thigh. It helps you extend the hip and flex the thigh and the hip joint.



Hamstrings: is one of the largest muscles in your body. Is one of the three posterior thigh muscles in between the hip and the knee. It helps you extend the hip and flex the knee.



Deltoid: Is the muscle forming the rounded contour of the human shoulder. It helps you move your shoulder.



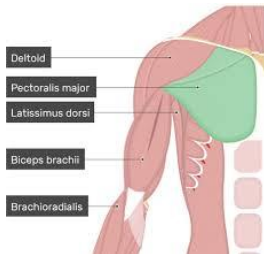
Triceps: is a large muscle on the back of the upper arms. Is the muscle principally responsible for extension of the elbow. (straightening of the arms).



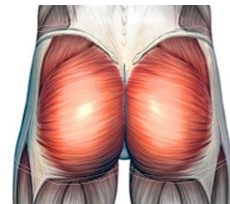
Trapezius: Is a large pair of surface muscles that extend longitudinally from the occipital bone to the lower thoracic in your back. It extends from your neck to your mid back. It moves and supports your arms.



Pectoralis Major: A thick, fan-shaped muscle situated at the chest. It lies under the breasts. The main function as whole is to adduction and internal rotation of the arms on the shoulder joint.

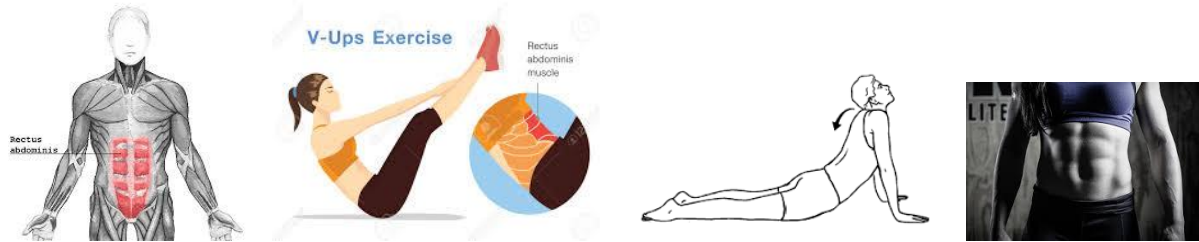


Gluteus Maximus: The gluteus maximus is the main extensor muscle of the hip. It is the largest muscle in our body. It is the largest and outermost of the three gluteal muscles and makes up a large part of the shape and appearance of each side of the hip. Its thick fleshy mass, in a quadrilateral shape, forms the prominence of the buttocks (Glutes, Gluteus).

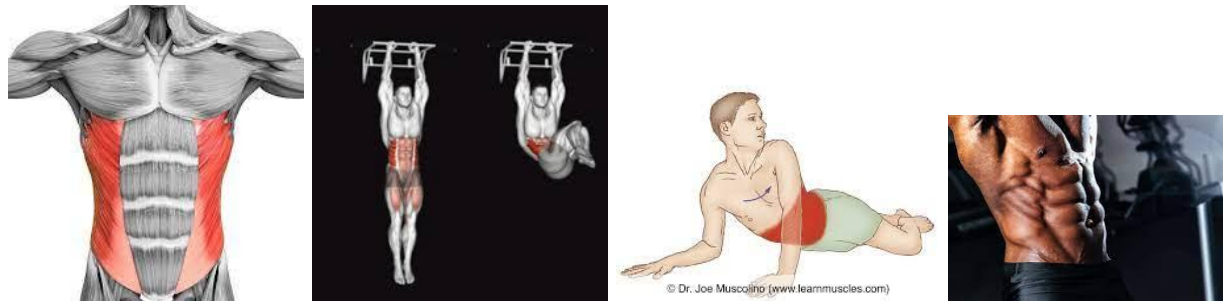


Rectus Abdominis: Also known as the abdominal muscle is a paired muscle running vertically on each side of the anterior wall of the human abdomen (abs abdominal,

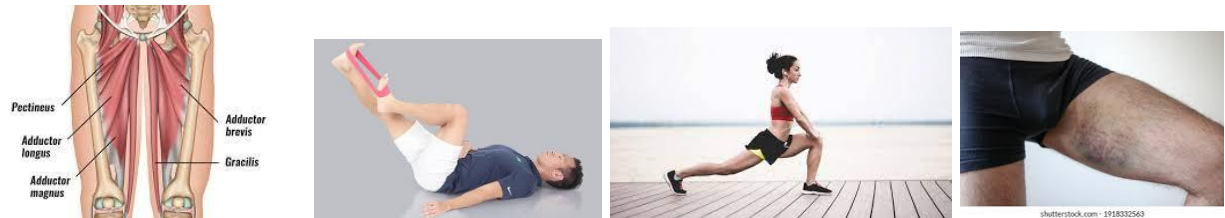
somach)



Oblique: 2 abdominal muscles the external oblique, These provide trunk flexion and rotation. Side of your waist.



Groin: The area between the abdomen and the thigh on either side of the body (the region of the genitals)



Forearm: The forearm comprises the lower half of the arm. It extends from the elbow joint to the hand, and it is made up of the ulna and radius bones. These two long bones form a rotational joint, allowing the forearm to turn so that the palm of the hand faces up or down.

