

Irene's Myomassology Institute

Official Anterior Muscle Review Guide

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1. Abductor Pollicis
 2. Adductor Brevis
 3. Adductor Longus
 4. Adductor Magnus
 5. Biceps Brachii
 6. Brachialis
 7. Brachioradialis
 8. Coracobrachialis
 9. Deltoid
 10. Diaphragm
 11. Extensor Carpi Radialis Longus
 12. Extensor Digitorum
 13. Extensor Digitorum Longus
 14. Extensor Hallucis Longus
 15. Extensor Pollicis
 16. External Oblique
 17. Flexor Carpi Radialis
 18. Flexor Carpi Ulnaris
 19. Frontalis
 20. Gastrocnemius
 21. Gracilis
 22. Iliopsoas (Iliacus and psoas major)
 23. Intercostals
 24. Internal Oblique
 25. Masseter
 26. Orbicularis Oculi
 27. Orbicularis Oris
 28. Palmaris Longus
 29. Pectineus
 30. Pectoralis Major Clavicular
 31. Pectoralis Major Costal
 32. Pectoralis Major Sternal
 33. Pectoralis Minor
 34. Platysma
 35. Pronator Teres
 36. Rectus Abdominus
 37. Rectus Femoris
 38. Sartorius
 39. Scalenes
 40. Soleus
 41. Sternocleidomastoid
 42. Temporalis
 43. Tensor Fasciae Latae
 44. Tibialis Anterior
 45. Transverse Abdominus
 46. Trapezius
 47. Triceps Brachii
 48. Vastus Intermedius
 49. Vastus Lateralis
 50. Vastus Medialis