

Major Muscles of the Body

| MUSCLE | LOCATION | FUNCTION |
|---------------------|------------------------|-------------------------------|
| Sternocleidomastoid | Side of neck | Turns and flexes head |
| Trapezius | Upper back and neck | Extends head, moves shoulder |
| Deltoid | Shoulder | Abducts arm, injection site |
| Biceps brachii | Upper arm | Flexes lower arm |
| Triceps brachii | Upper arm | Extends lower arm |
| Pectoralis major | Upper chest | Adducts and flexes upper arm |
| Intercostals | Between ribs | Moves ribs for breathing |
| Rectus abdominus | Ribs to pubis (pelvis) | Compresses abdomen |
| Latissimus dorsi | Spine around to chest | Extends and adducts upper arm |
| Gluteus maximus | Buttocks | Extends thigh, injection site |
| Sartorius | Front of thigh | Abducts thigh, flexes leg |
| Quadriceps femoris | Front of thigh | Extends leg |
| Tibialis anterior | Front of lower leg | Flexes and inverts foot |
| Gastrocnemius | Back of lower leg | Flexes sole of the foot |

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