



Adductor Longus	Smooth	Psoas Major	Orbicularis Oris	Palmaris Longus
External Oblique	Teres Major	Supraspinatus	Semispinalis Capitis	Tensor Fasciae
Deltoid	Peroneus	Latissimus Dorsi	Brachioradialis	Cardiac
Pelvic Floor	Infraspinatus	Flexor Digitorum Longus	Trapezius	Zygomaticus
Flexor Carpi Ulnaris	Soleus	Longissimus Capitis	Gastrocnemius	Orbicularis Oculi





Frontalis	Gastrocnemius	Medial Pterygoid	Extensor Digitorum	Brachioradialis
Supinator	External Oblique	Cardiac	Quadriceps Femorus Group	Splenius Capitis
Latissimus Dorsi	Teres Major	Pectoralis Major	Adductor Longus	Gluteus Medius
Psoas Major	Semitendinosis	Diaphragm	Iliacus	Flexor Digitorum Superficialis
Trapezius	Zygomaticus	Soleus	Orbicularis Oculi	Pronator Quadratus





Semispinalis Capitis	Latissimus Dorsi	Sternocleido- mastoid	Coraco- brachialis	Teres Minor
Triceps Brachii	Adductor Longus	Rectus Abdominis	External Oblique	Diaphragm
Palmaris Longus	Frontalis	Gluteus Maximus	Nasalis	Pronator Teres
Vastus	Smooth	Buccinator	Orbicularis Oris	Flexor Carpi Radialis
Rhomboideus Major	Transversus Abdominis	Peroneus	Brachialis	Serratus





Brachioradialis	Subscapularis	Extensor Carpi	Orbicularis Oris	Iliacus
Platysma	Trapezius	Latissimus Dorsi	Semimem- branosus	Gluteus Maximus
Quadriceps Femorus Group	Coraco- brachialis	Frontalis	Peroneus	Masseter
Gastrocnemius	External Intercostals	Tibialis Anterior	Flexor Digitorum Profundus	External Oblique
Deltoid	Pectoralis Major	Rhomboideus Major	Adductor Longus	Longissimus Capitis





Quadriceps Femoris Group	Extensor Digitorum Longus	Temporalis	Medial Pterygoid	Gracilis
Adductor Magnus	Flexor Carpi Radialis	Supinator	Teres Minor	Longissimus Capitis
Brachialis	Nasalis	Rectus Femoris	External Oblique	Platysma
Semimem- branosus	Tibialis Posterior	Vastus	Gluteus Maximus	Infraspinatus
Occipitalis	Sartorius	Flexor Digitorum Superficialis	Coraco- brachialis	Cardiac





Biceps Femoris	Flexor Digitorum Superficialis	Zygomaticus	Flexor Carpi Radialis	Adductor Magnus
Deltoid	Palmaris Longus	Coraco- brachialis	Gluteus Maximus	Internal Oblique
Medial Pterygoid	Transversus Abdominis	Triceps Brachii	Pronator Quadratus	Supraspinatus
Smooth	Longissimus Capitis	Sartorius	Rectus Abdominis	Occipitalis
Extensor Digitorum	Buccinator	Gastrocnemius	Vastus	External Oblique





Temporalis	Semispinalis Capitis	Extensor Digitorum Longus	Iliacus	Frontalis
Pelvic Floor	Gluteus Medius	Skeletal	Transversus Abdominis	Supinator
Nasalis	External Intercostals	Adductor Magnus	Orbicularis Oris	Biceps Femoris
Vastus	Deltoid	Psoas Major	Coraco- brachialis	Medial Pterygoid
Smooth	Quadriceps Femoris Group	Longissimus Capitis	Palmaris Longus	Flexor Carpi Radialis





Trapezius	Semitendinosus	Occipitalis	Tensor Fasciae	External Intercostals
Longissimus Capitis	Buccinator	Flexor Carpi Radialis	Masseter	Serratus
Extensor Carpi	Frontalis	Deltoid	Pelvic Floor	Gracilis
Pronator Teres	Tibialis Posterior	Rectus Abdominis	Zygomaticus	Adductor Magnus
Gluteus Medius	Iliacus	Coraco- brachialis	Soleus	Rhomboideus Major





Orbicularis Oris	Internal Oblique	Transversus Abdominis	Pronator Quadratus	Soleus
Temporalis	Biceps Brachii	Quadriceps Femorus Group	Deltoid	Subscapularis
Flexor Carpi Ulnaris	Latissimus Dorsi	Masseter	External Intercostals	Adductor Magnus
Pelvic Floor	Pectoralis Major	Teres Major	Nasalis	Frontalis
Vastus	Iliacus	Serratus	Gluteus Medius	Rectus Femoris





Gluteus Medius	Lateral Pterygoid	Palmaris Longus	External Intercostals	Splenius Capitis
Sternocleido- mastoid	Iliacus	Adductor Magnus	Tibialis Posterior	Deltoid
Platysma	Occipitalis	Sartorius	Biceps Brachii	Flexor Digitorum Superfacialis
Cardiac	Triceps Brachii	Flexor Carpi Ulnaris	Zygomaticus	Pectoralis Major
Rectus Femoris	Teres Minor	Orbicularis Oculi	Skeleton	Masseter





Gracilis	Extensor Carpi	Peroneus	External Oblique	Teres Minor
Pectoralis Major	Rhomboideus Major	Temporalis	Masseter	Flexor Carpi Ulnaris
Cardiac	Semi- tendinosus	Diaphragm	Gluteus Maximus	Internal Oblique
Orbicularis Oris	Infraspinatus	Rectus Femoris	Vastus	Tibialis Anterior
Biceps Brachii	Frontalis	Supraspinatus	Coraco- brachialis	External Oblique





Infraspinatus	Tibialis Posterior	Rectus Femoris	Triceps Brachii	Cardiac
Pronator Quadratus	Diaphragm	Palmaris Longus	Lateral Pterygoid	Semi- membranosus
Gluteus Maximus	Biceps Brachii	Frontalis	External Intercostals	Gracilis
Masseter	Nasalis	Occipitalis	Platysma	Skeletal
Longissimus Capitis	Sternocleido- mastoid	Vastus	Flexor Carpi Ulnaris	Extensor Digitorum Longus





Biceps Femoris	Diaphragm	Internal Oblique	Medial Pterygoid	Splenius Capitis
Palmaris Longus	Transversus Abdominis	Rhomboideus Major	Semi- membranosus	Pelvic Floor
Zygomaticus	Latissimus Dorsi	Cardiac	Orbicularis Oculi	Flexor Digitorum Longus
Masseter	Gracilis	Platysma	Gluteus Medius	Tensor Fasciae
Supraspinatus	Extensor Carpi	Triceps Brachii	Quadriceps Femoris Group	Nasalis





Masseter	Pronator Teres	Quadriceps Femoris Group	Biceps Femoris	Trapezius
Temporalis	Flexor Digitorum Longus	Gluteus Maximus	Internal Oblique	Adductor Longus
Rectus Abdominis	Sartorius	Soleus	Gracilis	Lateral Pterygoid
Occipitalis	Longissimus Capitis	Medial Pterygoid	Extensor Digitorum Longus	Splenius Capitis
Diaphragm	Cardiac	Peroneus	Zygomaticus	Teres Minor





Tensor Fasciae	Medial Pterygoid	Buccinator	Extensor Carpi	Rectus Femoris
Iliacus	Rhomboideus Major	Soleus	Triceps Brachii	Splenius Capitis
Orbicularis Oculi	Latissimus Dorsi	Vastus	Pelvic Floor	Nasalis
Frontalis	Pronator Quadratus	Biceps Femoris	Lateral Pterygoid	Deltoid
Semi- tendinosis	Teres Major	Palmaris Longus	Rectus Abdominis	Flexor Digitorum Longus





Adductor Longus	Nasalis	Gastrocnemius	External Oblique	Pronator Teres
Peroneus	Extensor Carpi	Palmaris Longus	Tibialis Anterior	Iliacus
Latissimus Dorsi	Buccinator	Internal Oblique	Serratus	Coraco- brachialis
Semispinalis Capitis	Masseter	Flexor Digitorum Longus	Gluteus Maximus	Subscapularis
Frontalis	Psoas Major	Medial Pterygoid	Deltoid	Biceps Femoris





Flexor Digitorum Profundus	Smooth	Internal Oblique	Extensor Carpi	Vastus
Transversus Abdominis	Brachialis	Supinator	Iliacus	Teres Major
Extensor Digitorum	Gracilis	Nasalis	Orbicularis Oris	Adductor Magnus
Peroneus	Temporalis	Diaphragm	Semi- tendinosus	Latissimus Dorsi
Medial Pterygoid	Soleus	Pectoralis Major	Frontalis	Psoas Major





Nasalis	Pronator Quadratus	Masseter	Supraspinatus	Buccinator
Tibialis Anterior	Serratus	Flexor Digitorum Profundus	Rhomboideus Major	Extensor Digitorum Longus
Vastus	Quadriceps Femoris Group	Brachialis	Smooth	Triceps Brachii
Extensor Carpi	Temporalis	Orbicularis Oculi	Platysma	Peroneus
Iliacus	Zygomaticus	Deltoid	Supinator	Occipitalis





Zygomaticus	Pectoralis Major	Adductor Longus	Deltoid	Skeletal
External Oblique	Flexor Digitorum Profundus	Semispinalis Capitis	Rhomboideus Major	Brachialis
Tibialis Posterior	Subscapularis	Trapezius	Quadriceps Femoris Group	Extensor Digitorum
Infraspinatus	Biceps Brachii	Occipitalis	Tensor Fasciae	Palmaris Longus
Masseter	Coraco- brachialis	Temporalis	Nasalis	Skeletal





Palmaris Longus	Gluteus Maximus	Nasalis	Extensor Digitorum	Rectus Femoris
Vastus	Teres Major	Infraspinatus	Deltoid	Adductor Longus
Orbicularis Oculi	Biceps Brachii	Sartorius	Cardiac	Subscapularis
Brachialis	External Oblique	Peroneus	Platysma	Flexor Digitorum Profundus
Rhomboideus Major	Longissimus Capitis	Tricips Brachii	Medial Pterygoid	Internal Oblique





Skeletal	Occipitalis	Extensor Digitorum	Diaphragm	Teres Minor
Brachioradialis	Adductor Longus	Cardiac	Vastus	Flexor Digitorum Superficialis
Triceps Brachii	Palmaris Longus	Smooth	Tensor Fasciae	Pectoralis Major
Semi- membranosus	Lateral Pterygoid	Orbicularis Oris	Medial Pterygoid	Infraspinatus
Iliacus	External Intercostals	Psoas Major	Semitendinosus	Biceps Femoris





External Intercostals	Zygomaticus	Brachioradialis	Smooth	Tibialis Anterior
Pectoralis Major	Buccinator	Orbicularis Oculi	Frontalis	Serratus
Transversus Abdominis	Extensor Digitorum	Diaphragm	Pronator Quadratus	Adductor Longus
Flexor Digitorum Superficialis	Cardiac	Tensor Fasciae	Occipitalis	Palmaris Longus
Infraspinatus	Gluteus Medius	Rhomboideus Major	Semi- membranosus	Teres Minor





Trapezius	Adductor Magnus	Occipitalis	Rhomboideus Major	Extensor Digitorum Longus
Platysma	Tibialis Posterior	Zygomaticus	Semispinalis Capitis	Internal Oblique
Rectus Femoris	Masseter	Soleus	Sartorius	Medial Pterygoid
Pronator Teres	Flexor Digitorum Superficialis	Cardiac	Transversus Abdominis	Pelvic Floor
External Intercostals	Deltoid	Infraspinatus	Brachioradialis	Orbicularis Oris





Flexor Carpi Radialis	Pectoralis Major	Extensor Digitorum Longus	Semi- membranosus	Orbicularis Oculi
Occipitalis	Tricips Brachii	Brachioradialis	Gracilis	Smooth
External Intercostals	Semitendinosus	Pelvic Floor	Nasalis	Transversus Abdominis
Adductor Magnus	Tibialis Anterior	Vastus	Flexor Digitorum Superfacialis	External Oblique
Medial Pterygoid	Internal Oblique	Sartorius	Biceps Brachii	Psoas Major





Extensor Digitorum Longus	Tibialis Anterior	Gluteus Medius	Pronator Teres	Orbicularis Oculi
Masseter	Frontalis	Supinator	Nasalis	Transversus Abdominis
Internal Oblique	Splenius Capitis	Buccinator	Coraco- brachialis	Gastrocnemius
Skeletal	Rectus Femoris	Flexor Carpi Ulnaris	Longissimus Capitis	Adductor Longus
Diaphragm	Teres Major	Infraspinatus	Triceps Brachii	External Intercostals





Skeletal	Medial Pterygoid	Transversus Abdominis	Buccinator	Sternocleido- mastoid
Orbicularis Oculi	Deltoid	Platysma	Internal Oblique	Rectus Abdominis
Teres Major	Longissimus Capitis	Frontalis	Tibialis Anterior	Palmaris Longus
Adductor Longus	Extensor Digitorum Longus	Vastus	Splenius Capitis	Masseter
Pronator Quadratus	Supinator	Nasalis	Adductor Magnus	Cardiac





Extensor Digitorum Longus	Tibialis Anterior	Gluteus Medius	Pronator Teres	Orbicular Oculi
Smooth	Orbicularis Oris	Transversus Abdominis	Coraco- brachialis	Platysma
Buccinator	Infraspinatus	Quadriceps Femoris Group	Teres Major	Biceps Brachii
Gracilis	Zygomaticus	Supinator	Frontalis	Longissimus Capitis
Splenius Capitis	Extensor Digitorum	Masseter	Adductor Longus	Psoas Major





Quadriceps Femoris Group	Deltoid	Transversus Abdominis	Teres Minor	Soleus
Buccinator	Orbicularis Oculi	Pectoralis Major	Lateral Pterygoid	External Intercostals
Rectus Abdominis	Trapezius	Skeletal	Brachialis	Coraco- brachialis
Vastus	Supinator	Pronator Quadratus	Adductor Longus	Diaphragm
Frontalis	Longissimus Capitis	Zygomaticus	Semispinalis Capitis	Cardiac





Gluteus Medius	Lateral Pterygoid	Smooth	Buccinator	Orbicularis Oris
Cardiac	Extensor Carpi	Longissimus Capitis	Vastus	Trapezius
Iliacus	Adductor Magnus	Gastrocnemius	Psoas Major	Diaphragm
Sartorius	Transversus Abdominis	External Intercostals	Supraspinatus	Rhomboideus Major
Masseter	Rectus Abdominis	Teres Major	Internal Oblique	Quadriceps Femoris Group





Biceps Brachii	External Intercostals	Diaphragm	Gastrocnemius	Extensor Digitorum
Semi- membranosus	Transversus Abdominis	Gluteus Maximus	Smooth	Vastus
Rectus Abdominis	Pectoralis Major	Pelvic Floor	Temporalis	Lateral Pterygoid
Orbicularis Oris	Adductor Magnus	Cardiac	Rectus Femoris	Platysma
Iliacus	Zygomaticus	Teres Minor	Occipitalis	Skeletal