

Major Muscles and Their Function

Pectorals (Major & Minor): Large muscles of chest.

- Function: To push away (push up) or swing an object like a tennis racket.

Abdominals (Rectus & Transverse): Muscles on front of midsection.

- Function: Stabilizes the spine, protects organs, helps pull you forward; crunch or curl

Obliques (Internal & External): Muscles on side of midsection.

- Function: Allows the trunk to twist from side to side and to side bend.

Deltoid: Shoulder muscles consisting of 3 parts or heads

- Function: Moves and stabilizes the shoulder joint.

Bicep: Muscle in the front part of the upper arm.

- Function: Helps with lifting; curling arm towards body.

Tricep: Muscle in the back part of the upper arm.

- Function: To extend arm away from body; to push



Trapezius: Large muscle that covers upper back and neck.

- Function: Helps move shoulder blades together (along with rhomboids) and up towards neck (shrugs), and flexes and turns neck

Latissimus Dorsi: Widest muscle in human body. Covers almost entire mid and lower back.

- Function: To climb and pull objects towards you like rowing a boat, climbing a tree

Erector Spinae: Group of muscles that extend all the way up the back near the spine.

- Function: Helps keep good posture.

Gluteals: The muscles of the buttocks; largest and strongest muscle in the body.

- Function: Extends hip, abducts thighs; helps you stand up, jump, climb.

Quadricep: Group of four muscles on front of thigh.

- Function: Extends knee joint (helps flex hip)

Hamstring: Group of three muscles on back of thigh.

- Function: Flexes knee joint (brings foot to buttocks), helps extend hip

Hip Flexors: Located in front of hip.

- Function: Flexes the hip; brings thighs towards front of body

Adductors: Muscles in inner thigh (groin).

- Function: Bring thighs together (adduct)

Gastrocnemius: Muscle on back of lower leg.

- Function: Raises body up on tiptoes; extends toes.

Tibialis Anterior: Muscle on front of lower leg (shin).

- Function: Flexes toes towards shin; flexes toes.

