

MUSCLE ACTIONS WITH MUSCLES

<u> </u> D 1 ABDUCTS ARMS	A ADDUCTOR LONGUS
<u> </u> R 2 ADDUCTS AND FLEXES ARM FORWARD	B BICEPS BRACHII
<u> </u> I 3 BENDS FINGERS	C BICEPS FEMORIS
<u> </u> P 4 CLOSES EYES	D DELTOID
<u> </u> N 5 CLOSES JAWS	E ERECTOR SPINAE
<u> </u> Q 6 CLOSES LIPS	F EXTENSOR DIGITORUM
<u> </u> G 7 COMPRESSES ABDOMEN	G EXTERNAL ABDOMINAL OBLIQUE
<u> </u> L 8 COMPRESSES RIBS	H EXTERNAL INTERCOSTALS
<u> </u> H 9 EXPANDS RIBS	I FLEXOR DIGITORUM
<u> </u> M 10 PULLS SHOULDERS BACK AND DOWN	J GASTROCNEMIUS
<u> </u> J 11 EXTENDS FOOT	K GLUTEUS MAXIMUS
<u> </u> V 12 EXTENDS FOREARM	L INTERNAL INTERCOSTALS
<u> </u> S 13 EXTENDS LOWER LEG	M LATISSIMUS DORSI
<u> </u> K 14 EXTENDS THIGH	N MASSETER
<u> </u> U 15 FLEXES FOOT	O OCCIPITOFRONTALIS
<u> </u> B 16 FLEXES FOREARM	P ORBICULARIS OCULI
<u> </u> C 17 FLEXES LOWER LEG	Q ORBICULARIS ORIS
<u> </u> E 18 HOLDS BODY UPRIGHT	R PECTORLIS MAJOR
<u> </u> F 19 OPENS FINGERS	S QUADRACEPS
<u> </u> A 20 PULLS LEG TO THE MIDLINE	T STERNOCLEIDOMASTOID
<u> </u> O 21 RAISES EYEBROWS	U TIBIALIS ANTERIOR
<u> </u> T 22 ROTATES HEAD	V TRICEPS BRACHII
<u> </u> X 23 PULLS SHOULDERS BACK AND UP	X TRAPEZIUS