

MUSCLE ACTIONS WITH MUSCLES

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