

1. **trapezius**: large flat triangular muscles running from the base of the skull to the middle of the back that support and make it possible to raise the head and shoulders
2. **deltoid**: thick triangular muscle covering the shoulder joint, used to raise the arm from the side
3. **pectoralis major**: skeletal muscle that adducts (draws inward) and rotates the arm
4. **bicep**: muscle at the front of the upper arm
5. **abdominals**: muscles of the abdomen; between the chest and pelvis
6. **obliques**: diagonally arranged abdominal muscles on either side of the torso
7. **flexors**: muscles that when contracted act to bend a joint or limb
8. **quadriceps**: large muscle group that includes the four dominant muscles on the front of the thigh
9. **tibialis**: muscles of the leg arising from the tibia; provides for movement of the foot
10. **tricep**: muscle at the back of the upper arm
11. **latissimus dorsi**: broad, flat muscle on each side of the middle of the back that draws the arm backward and downward
12. **extensors**: muscles that extend or straighten a limb or other body part
13. **gluteals (gluteus maximus)**: any of the three large muscles of each buttock that extend, abduct (to draw away from), and rotate the thigh
14. **hamstrings**: group of muscles at the back of the thigh that arise in the hip and pelvis and insert as strong tendons behind the knee, help to straighten the hip
15. **gastrocnemius**: muscle on the back of the lower leg; bulging shape of the calf
16. **achilles tendon**: large tendon connecting the heel bone to the calf muscle of the leg