Name:

Muscular System Packet o’ Knowledge

Muscles to know:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Frontalis | Occipitalis | Sternocleidomastoid | Trapezius | Deltoid | Triceps | Flexor digitorum |
| Masseter | Orbicularis oculi | Orbicularis oris | Deltoid | Pectoralis major | Pectoralis minor | Biceps brachii |
| Serratus anterior | Rectus abdominus | Tensor fascia latae | Gracilis | Latissimus dorsi | Gluteus maximus | Sartorius |
| Semitendinosis | Semimembranosis | Biceps femoris | Tibialis anterior | Soleus | Gastrocnemius | Vastus medialis |
| Vastus lateralis | Rectus femoris | Adductor group | Brachioradialis | Teres group |  |  |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Epimysium | Bone | Tendon | Perimysium | Fascicle |
| Blood vessel | Endomysium | Muscle fiber |  |  |

\*\* Terms do not necessarily correspond with a number on the image



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Actin (thin) | Myosin (thick) | Z disc | H zone | I band | A band |
| Sarcomere | M line |  |  |  |  |









 Isotonic:

 Isometric: