



MUSCLE GROUPS

Skeletal Muscles - 25 Groups
in 8 anatomical Regions

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|-------------------------------|--------------------------------|
| 1. Neck - #22 and 23 | 5. Trunk - #19, 20 & 21 |
| 2. Shoulder - #1, 3, 4 and 2 | 6. Pelvic - #16, 17 & 18 |
| 3. Arm - #5 and 6 | 7. Thigh - #13, 14 & 15 |
| 4. Forearm & Hand - #7, 8 & 9 | 8. Foot & Leg - #10, 11 and 12 |