

Male Muscle Figure

Not detachable

I. Muscles

1. Frontal venter of the occipitofrontal muscle, *Venter frontalis*, (*m. occipitofrontalis*)
2. Orbicularis oculi muscle, *M. orbicularis oculi*
3. Nasal muscle, *M. nasalis*
4. Levator muscle of the superior lip, *M. levator labii superioris*
5. Greater zygomatic muscle, *M. zygomaticus major*
6. Orbicularis oris muscle, *M. orbicularis oris*
7. Depressor muscle of the angle of the mouth, *M. depressor anguli oris*
8. Superior auricular muscle, *M. auricularis superior*
9. Posterior auricular muscle, *M. auricularis posterior*
10. Occipital venter of the occipitofrontal muscle, *Venter occipitalis*, (*m. occipitofrontalis*)
11. Sternocleidomastoid muscle, *M. sternocleidomastoideus*
12. Scaleni muscles, *Mm. scaleni*
13. Levator muscle of the scapula, *M. levator scapulae*
14. Trapezial muscle, *M. trapezius*
15. Infrapinuous muscle, *M. infrapinatus*
16. Latissimus dorsi muscle, *M. latissimus dorsi*
17. Greatest gluteal muscle, *M. gluteus maximus*
18. Deltoid muscle, *M. deltoideus*
19. Serratus anterior muscle, *M. serratus anterior*
20. Pectoralis major muscle, *M. pectoralis major*
21. External oblique muscle of the abdomen, *M. obliquus externus abdominis*
22. Rectus abdominis muscle, *M. rectus abdominis*
23. Sheath of the straight muscle of the abdomen, *Vagina m. recti abdominis*
24. Triceps muscle, *M. triceps brachii*
25. Biceps muscle, *M. biceps brachii*
26. Extensor carpi radialis longus

- muscle,
M. extensor carpi radialis longus
27. Extensor digitorum muscle, *M. extensor digitorum*
 28. Retinaculum of the extensors, *Retinaculum extensorum*
 29. Extensor pollicis brevis muscle, *M. extensor pollicis brevis*
 30. Brachioradial muscle, *M. brachioradialis*
 31. Sartorius muscle, *M. sartorius*
 32. Rectus femoris muscle, *M. rectus femoris*
 33. Pectineal muscle, *M. pectineus*
 34. Gracilis muscle, *M. gracilis*
 35. Adductor longus muscle, *M. adductor longus*
 36. Biceps muscle of the femur (long head), *M. biceps femoris (caput longum)*
 37. Semitendinous muscle, *M. semitendinosus*
 38. Semimembranous muscle, *M. semimembranosus*
 39. Gastrocnemial muscle, *M. gastrocnemius*
 40. Soleus muscle, *M. soleus*
 41. Calcanean tendon, *Tendo calcaneus (Achillis)*
 42. Extensor digitorum longus muscle, *M. extensor digitorum longus*
 43. Tibialis anterior muscle, *M. tibialis anterior*
 44. Extensor digitorum brevis muscle, *M. extensor digitorum brevis*
 45. Long peroneal muscle, *M. peroneus longus*
 46. Inferior retinaculum of the extensor muscles, *Retinaculum mm. extensorum inferius*

II. Bones

- a. Skull, *Cranium*
- b. Clavicle, *Clavicula*
- c. Anterior superior iliac spine, *Spina iliaca anterior superior*
- d. Poples (hollow of the knee), *Poples*
- e. Kneecap, *Patella*
- f. Skin-bone, *Tibia*
- g. Medial malleolus, *Malleolus medialis*
- h. Lateral malleolus, *Malleolus lateralis*
- i. Calcaneum (heel bone), *Calcaneus*

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