

## Muscle Anatomy Flashcards PDF

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What is the largest muscle in the human body?

The gluteus maximus.

Which muscle is responsible for flexation of the elbow?

The biceps brachii.

What muscle is located on the front of the thigh?

The quadriceps femoris.

Which muscle is primarily responsible for the movement of the shoulder?

The deltoid.

What is the main muscle used for breathing?

The diaphragm.

Which muscle group is located at the back of the upper arm?

The triceps brachii.

What muscle is responsible for the rotation of the head?

The sternocleidomastoideus.

Which muscle is known as the 'calf muscle'?

The gastrocnemius.

What is the function of the rectus abdominis?

To flex the vertebral column and compress the abdominal contents.

Which muscle is involved in the adduction of the thigh?

The adductor longus.