

## Weight Training / Muscle Research Project

1	Adductor Brevis	27	Peroneus Longus
2	Adductor Longus	28	Plantaris
3	Adductor Magnus	29	Pronator Teres
4	Biceps Brachii	30	Quadratus Femoris
5	Biceps Femoris	31	Quadratus Lumborum
6	Brachialis	32	Quadratus Plantae
7	Brachioradialis	33	Rectus Abdominis
8	Coracobrachialis	34	Rectus Femoris
9	Deltoid	35	Rhomboid Major
10	Extensor Carpi Radialis	36	Rhomboid Minor
11	External Oblique Abdominis	37	Sartorius
12	Internal Oblique Abdominis	38	Semimembranosus
13	Flexor Carpi Radialis	39	Semitendinosus
14	Flexor Carpi Ulnaris	40	Serratus Anterior
15	Gastrocnemius	41	Sternocleidomastoid
16	Soleus	42	Subclavius
17	Gluteus Maximus	43	Supinator
18	Gluteus Medius	44	Tensor Fasciae Lata
19	Gluteus Minimus	45	Teres Major
20	Gracilis	46	Teres Minor
21	Intercostals External	47	Tibialis Anterior
22	Intercostals Innermost	48	Tibialis Posterior
23	Intercostals Internal	49	Trapezius
24	Latissimus Dorsi	50	Triceps
25	Pectoralis Major	51	Vastus Lateralis
26	Pectoralis Minor	52	Vastus Medialis