

Muscle Origin, Insertion, and Action Worksheet

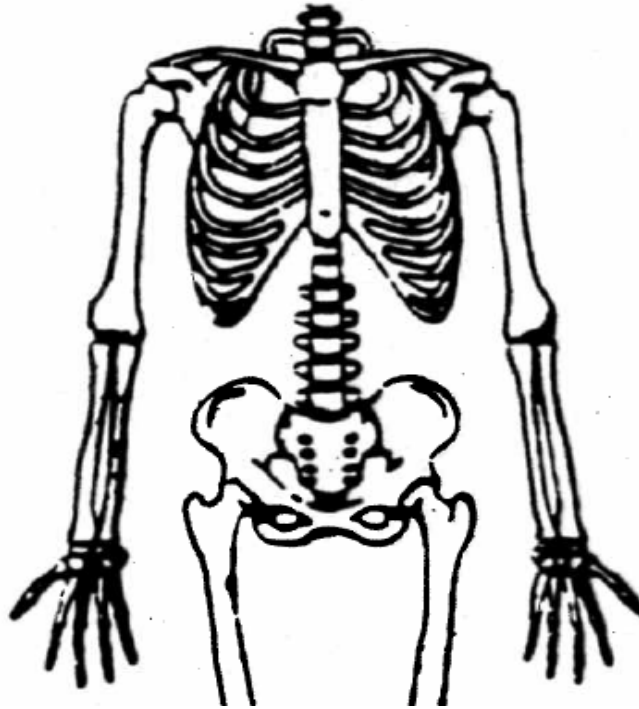
Draw the muscle, its origin, insertion, and its action.

Be sure to label origin and insertion with the letters O and I.

Muscles of the Chest

Pectoralis major

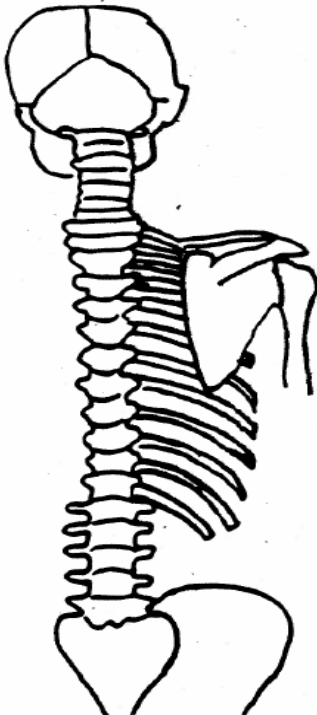
Action:



Muscles of the Back

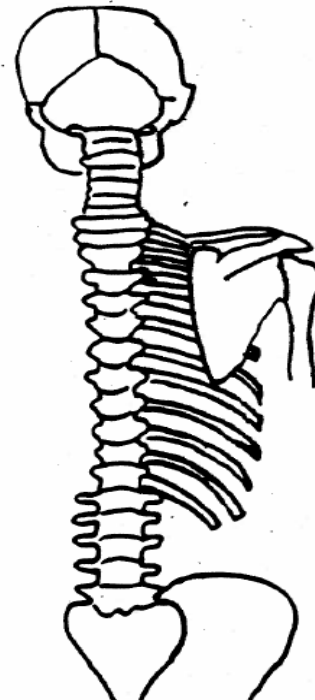
Trapezius

Action:



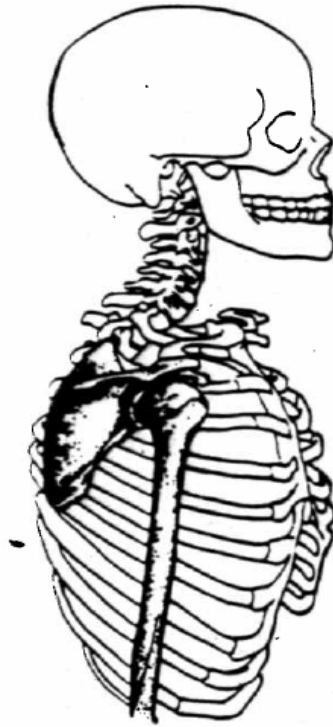
Latissimus dorsi

Action:



Muscles of the Shoulder

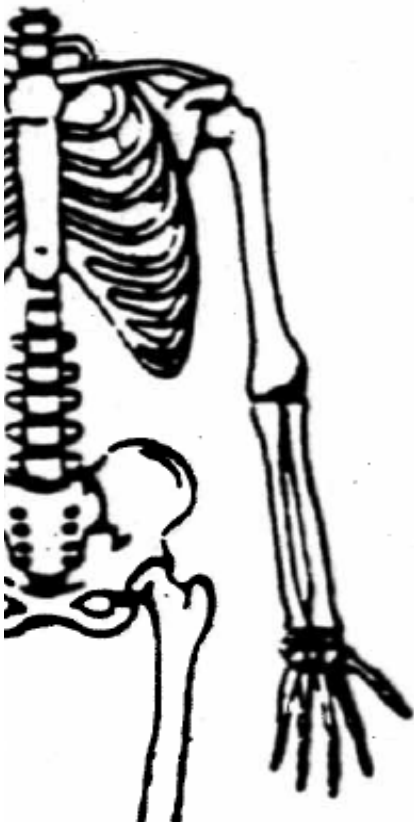
Deltoid (Anterior, Lateral, Posterior)



Action:

Muscles of the Arm (Anterior)

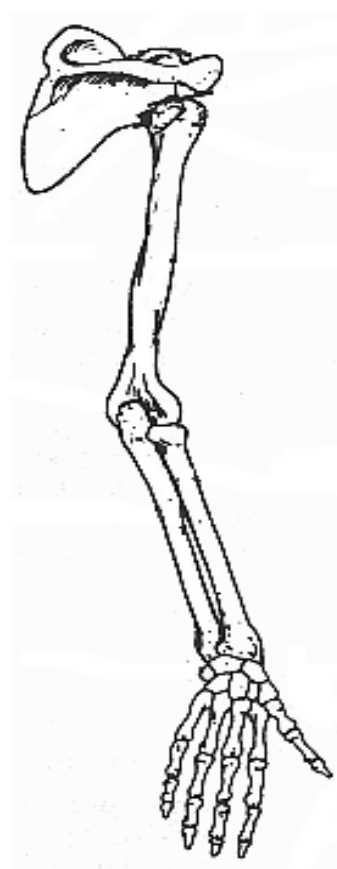
Biceps brachii



Action:

Muscle of the Arm (Posterior)

Triceps brachii

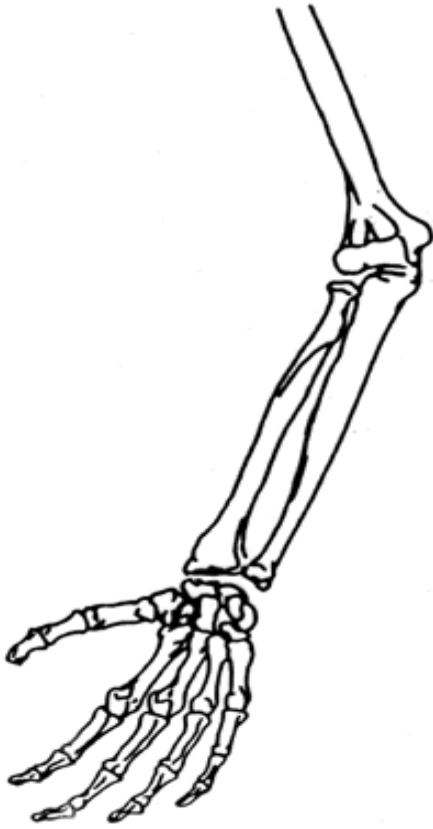


Action:

Muscles of the Forearm (Anterior)

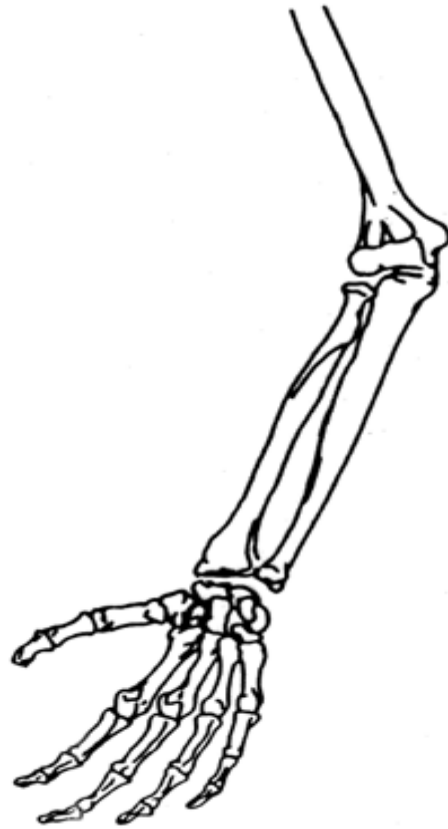
Flexor carpi radialis

Action:



Flexor carpi ulnaris

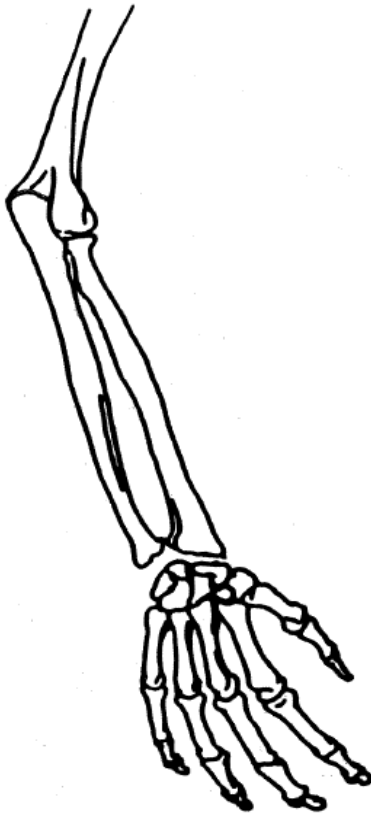
Action:



Muscles of the Forearm (Posterior)

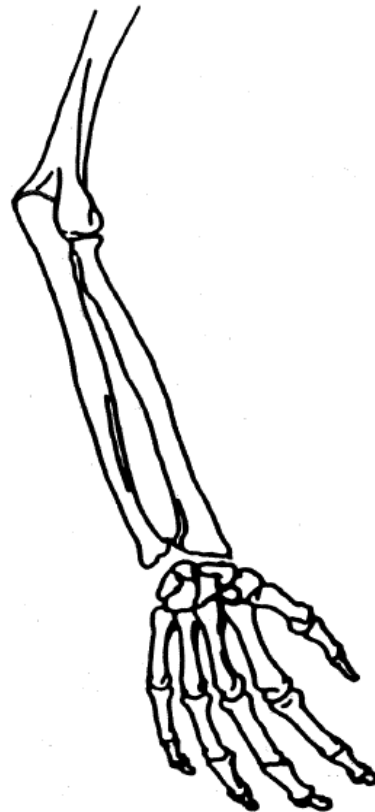
Extensor carpi radialis longus

Action:



Extensor carpi ulnaris

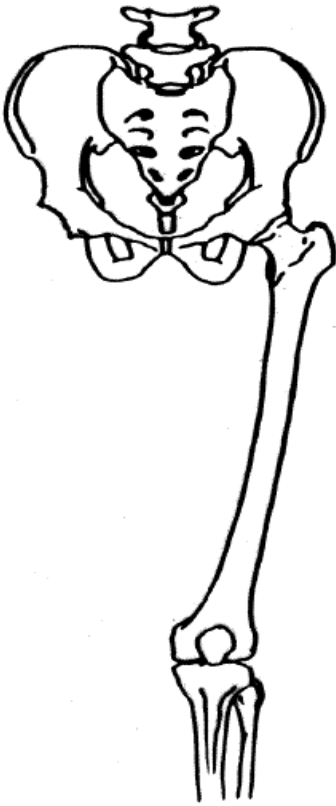
Action:



Muscles of the Hip and Thigh (Anterior)

Sartorius

Action:



Rectus femoris

Action:



Muscles of the Hip and Thigh (Posterior)

Gluteus maximus

Action:



Biceps femoris

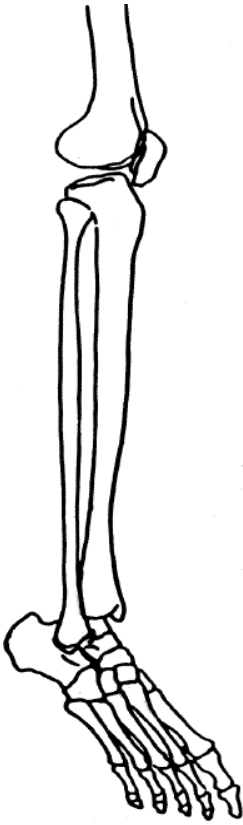
Action:



Muscles of the Lower Leg, Ankle, and Foot (Anterior)

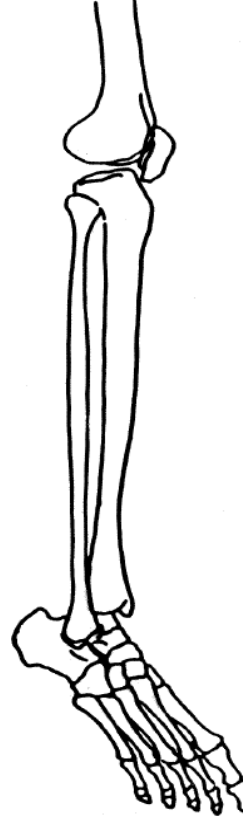
Tibialis anterior

Action:



Extensor digitorum longus

Action:



Muscles of the Lower Leg, Ankle, and Foot (Posterior)

Gastrocnemius

Action:



Soleus

Action:

