Muscles you need to know

Frontalis

Orbicularis oculi

Orbicularis oris

Temporalis

Masseter

Sternocleidomastoid

Pectoralis Major

Deltoid

Trapezius

Latissimus dorsi

Serratus anterior

Biceps Brachii

Triceps brachi

Rectus abdominus

External oblique

Gluteus maximus

Hamstring group

Sartorius

Quadriceps group

gastrocnemius

Tibialis anterior

Achilles tendon

