

**Muscle Key for  
the Anatomy Coloring Book**

Track	Time	Muscle	Page	Track	Time	Muscle	Page
4	0:17	Trapezius	54 a	8	0:16	Gastrocnemius	66 m
4	1:09	Latissimus dorsi	56 c	8	1:05	Soleus	66 L
4	3:29	Levator scapulae	54 c	8	1:44	Flexor hallucis longus	66 i
4	4:24	Rhomboid major	54 b	8	1:46	Flexor digitorum longus	66 h
4	4:25	Rhomboid minor	54 b1	8	2:06	Tibialis anterior	65 a
4	6:23	Erector spinae	49 b	8	2:42	Extensor hallucis longus	65 c
4	6:23	Quadratus lumborum	50 L	8	2:44	Extensor digitorum longus	65 b
				8	2:50	Peroneus longus	65 e
				8	2:52	Peroneus brevis	65 f
5	0:09	Deltoid	56 a				
5	1:32	Coracobrachialis	56 e				
5	2:17	Pectoralis major	56 b	9	0:12	Occipitalis	46 r
5	3:00	Pectoralis minor	54 a	9	0:20	Frontalis	46 i
5	4:46	Subscapularis	55 d	9	0:47	Orbicularis oculi	46 a
5	5:15	Supraspinatus	55 a	9	1:02	Orbicularis oris	46 L
5	6:15	Infraspinatus	55 b	9	1:10	Zygomaticus major	46 g
5	6:36	Teres minor	55 c	9	1:25	Temporalis	47 a
5	7:11	Teres major	56 d	9	1:51	Masseter	47 b
5	7:56	Serratus anterior	54 d	9	2:00	Buccinator	
				9	2:09	Medial pterygoid	47 c
6	0:15	Gluteus maximus	61 a	9	2:09	Lateral pterygoid	47 d
6	1:04	Gluteus medius	61 b	9	2:15	Platysma	46 o
6	1:55	Gluteus minimus	61 c	9	2:25	Sternocleidomastoid	48 b
6	2:25	Piriformis	61 e	9	3:09	Scalenes	48 c
6	2:27	Superior gemellus	61 l				
6	2:28	Inferior gemellus	61 j	10	0:06	Biceps brachii	57 a
6	2:31	Obturator internus	61 f	10	1:13	Brachialis	57 b
6	2:33	Obturator externus	61 g	10	1:48	Triceps brachii	57 e
6	2:36	Quadratus femoris	61 h	10	2:22	Brachioradialis	57 c
6	3:46	Psoas	50 i & j	10	3:06	Supinator	57 g
6	5:37	Iliacus	50 k	10	3:07	Pronator teres	57 d
				10	3:09	Pronator quadratus	57 h
7	0:20	Sartorius	64 a	10	3:25	Flexor digitorum profundus	58 a
7	1:20	Quadriceps femoris	64	10	3:32	Flexor pollicis longus	58 b
7	1:45	Rectus femoris	64 b	10	3:42	Flexor digitorum superficialis	58 c
7	2:16	Vastus lateralis	64 c	10	3:49	Flexor carpi ulnaris	58 d
7	2:30	Vastus intermedius	64 d	10	3:54	Palmaris longus	58 e
7	2:39	Vastus medialis	64 e	10	3:59	Flexor carpi radialis	58 f
7	3:48	Semimembranosus	62 a	10	5:11	Extensor indicis	58 g
7	4:18	Semitendinosus	62 b	10	5:15	Extensor pollicis brevis	58 i
7	4:31	Biceps femoris	62 c	10	5:19	Extensor pollicis longus	58 h
7	5:55	Pectineus	63 a	10	5:44	Extensor carpi ulnaris	58 j
7	5:58	Adductor brevis	63 b	10	5:49	Extensor digiti minimi	58 k
7	5:59	Adductor longus	63 c	10	5:54	Extensor digitorum	58 l
7	6:01	Adductor magnus	63 d	10	5:59	Extensor carpi radialis longus	58 m
7	6:03	Gracilis	63 e	10	6:07	Extensor carpi radialis brevis	58 n
7	7:08	Tensor faciae latae & iliotibial band	61 d	10	6:14	Abductor pollicis longus	58 o
				11	0:51	Diaphragm	50 a
				11	1:56	Transversus abdominis	51 a
				11	2:19	Rectus abdominis	51 b
				11	3:13	Abdominal obliques - internal	51 c
				11	3:14	Abdominal obliques - external	51 d

**This key was created to help you match the muscles on the Audio CD "Musculoskeletal Anatomy" with the illustrations in your textbook.**