

**Muscle Key
for Trail Guide to the Body - 2nd Edition**

Track	Time	Muscle	Page	Track	Time	Muscle	Page
4	0:17	Trapezius	67, 206	8	0:16	Gastrocnemius	297
4	1:09	Latissimus dorsi	69	8	1:05	Soleus	297
4	3:29	Levator scapulae	79	8	1:44	Flexor hallucis longus	307
4	4:24	Rhomboid major	78	8	1:46	Flexor digitorum longus	307
4	4:25	Rhomboid minor	78	8	2:06	Tibialis anterior	304
4	6:23	Erector spinae	170, 171	8	2:42	Extensor hallucis longus	304
4	6:23	Quadratus lumborum	179	8	2:44	Extensor digitorum longus	304
5	0:09	Deltoid	66	8	2:50	Peroneus longus	302
5	1:32	Coracobrachialis	92	8	2:52	Peroneus brevis	302
5	2:17	Pectoralis major	83	9	0:12	Occipitalis	218
5	3:00	Pectoralis minor	85	9	0:20	Frontalis	218
5	4:46	Subscapularis	71	9	0:47	Orbicularis oculi	218
5	5:15	Supraspinatus	71	9	1:02	Orbicularis oris	218
5	6:15	Infraspinatus	71	9	1:10	Zygomaticus major	218
5	6:36	Teres minor	71	9	1:25	Temporalis	213
5	7:11	Teres major	69	9	1:51	Masseter	212
5	7:56	Serratus anterior	56	9	2:00	Buccinator	
				9	2:09	Medial pterygoid	219
6	0:15	Gluteus maximus	253	9	2:09	Lateral pterygoid	219
6	1:04	Gluteus medius	253	9	2:15	Platysma	217
6	1:55	Gluteus minimus	253	9	2:25	Sternocleidomastoid	207
6	2:25	Piriformis	264	9	3:09	Scalenes	208
6	2:27	Superior gemellus	264				
6	2:28	Inferior gemellus	264	10	0:06	Biceps brachii	88
6	2:31	Obturator internus	264	10	1:13	Brachialis	120
6	2:33	Obturator externus	264	10	1:48	Triceps brachii	90
6	2:36	Quadratus femoris	264	10	2:22	Brachioradialis	121
6	3:46	Psoas major	267	10	3:06	Supinator	134
6	5:37	Iliacus	267	10	3:07	Pronator teres	133
				10	3:09	Pronator quadratus	
7	0:20	Sartorius	261	10	3:25	Flexor digitorum profundus	127, 132
7	1:20	Quadriceps femoris	246	10	3:32	Flexor pollicis longus	135
7	1:45	Rectus femoris	246	10	3:42	Flexor digitorum superficialis	127
7	2:16	Vastus lateralis	246	10	3:49	Flexor carpi ulnaris	127
7	2:30	Vastus intermedius	246	10	3:54	Palmaris longus	127, 300
7	2:39	Vastus medialis	246	10	3:59	Flexor carpi radialis	127
7	3:48	Semimembranosus	250	10	5:11	Extensor indicis	
7	4:18	Semitendinosus	250	10	5:15	Extensor pollicis brevis	135
7	4:31	Biceps femoris	250	10	5:19	Extensor pollicis longus	135
7	5:55	Pectineus	256	10	5:44	Extensor carpi ulnaris	123, 126
7	5:58	Adductor brevis	256	10	5:49	Extensor digiti minimi	
7	5:59	Adductor longus	256	10	5:54	Extensor digitorum	123
7	6:01	Adductor magnus	256	10	5:59	Extensor carpi radialis longus	123
7	6:03	Gracilis	256	10	6:07	Extensor carpi radialis brevis	123
7	7:08	Tensor faciae latae & iliotibial band	260	10	6:14	Abductor pollicis longus	135
				11	0:06	Intercostals	186
				11	0:51	Diaphragm	184
				11	1:56	Transversus abdominis	181
				11	2:19	Rectus abdominus	181
				11	3:13	Abdominal obliques - internal	181
				11	3:14	Abdominal obliques - external	181

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