

**Muscle Key  
for Trail Guide to the Body - 3rd Edition**

Track	Time	Muscle	Page	Track	Time	Muscle	Page
4	0:17	Trapezius	76	8	0:16	Gastrocnemius	361
4	1:09	Latissimus dorsi	79	8	1:05	Soleus	364
4	3:29	Levator scapulae	91	8	1:44	Flexor hallucis longus	374
4	4:24	Rhomboid major	90	8	1:46	Flexor digitorum longus	374
4	4:25	Rhomboid minor	90	8	2:06	Tibialis anterior	371
4	6:23	Erector spinae	202	8	2:42	Extensor hallucis longus	371
4	6:23	Quadratus lumborum	213	8	2:44	Extensor digitorum longus	371
5	0:09	Deltoid	75	8	2:50	Peroneus longus	369
5	1:32	Coracobrachialis	107	8	2:52	Peroneus brevis	369
5	2:17	Pectoralis major	97	9	0:12	Occipitalis	263
5	3:00	Pectoralis minor	100	9	0:20	Frontalis	263
5	4:46	Subscapularis	82	9	0:47	Orbicularis oculi	
5	5:15	Supraspinatus	82	9	1:02	Orbicularis oris	
5	6:15	Infraspinatus	82	9	1:10	Zygomaticus major	
5	6:36	Teres minor	82	9	1:25	Temporalis	257
5	7:11	Teres major	79	9	1:51	Masseter	256
5	7:56	Serratus anterior	94	9	2:00	Buccinator	
				9	2:09	Medial pterygoid	265
6	0:15	Gluteus maximus	309	9	2:09	Lateral pterygoid	265
6	1:04	Gluteus medius	309	9	2:15	Platysma	263
6	1:55	Gluteus minimus	309	9	2:25	Sternocleidomastoid	250
6	2:25	Piriformis	322	9	3:09	Scalenes	252-255
6	2:27	Superior gemellus	322				
6	2:28	Inferior gemellus	322	10	0:06	Biceps brachii	103
6	2:31	Obturator internus	322	10	1:13	Brachialis	140
6	2:33	Obturator externus	322	10	1:48	Triceps brachii	105
6	2:36	Quadratus femoris	322	10	2:22	Brachioradialis	141
6	3:46	Psoas major	326	10	3:06	Supinator	155
6	5:37	Iliacus	326	10	3:07	Pronator teres	154
				10	3:09	Pronator quadratus	155
7	0:20	Sartorius	320	10	3:25	Flexor digitorum profundus	148
7	1:20	Quadriceps femoris	300	10	3:32	Flexor pollicis longus	148
7	1:45	Rectus femoris	300	10	3:42	Flexor digitorum superficialis	148
7	2:16	Vastus lateralis	300	10	3:49	Flexor carpi ulnaris	148
7	2:30	Vastus intermedius	300	10	3:54	Palmaris longus	148
7	2:39	Vastus medialis	300	10	3:59	Flexor carpi radialis	148
7	3:48	Semimembranosus	305	10	5:11	Extensor indicis	143
7	4:18	Semitendinosus	305	10	5:15	Extensor pollicis brevis	143
7	4:31	Biceps femoris	305	10	5:19	Extensor pollicis longus	143
7	5:55	Pectineus	313	10	5:44	Extensor carpi ulnaris	143
7	5:58	Adductor brevis	313	10	5:49	Extensor digiti minimi	143
7	5:59	Adductor longus	313	10	5:54	Extensor digitorum	143
7	6:01	Adductor magnus	313	10	5:59	Extensor carpi radialis longus	143
7	6:03	Gracilis	313	10	6:07	Extensor carpi radialis brevis	143
7	7:08	Tensor faciae latae & iliotibial band	318	10	6:14	Abductor pollicis longus	160
				11	0:06	Intercostals	221
				11	0:51	Diaphragm	219
				11	1:56	Transversus abdominis	217
				11	2:19	Rectus abdominis	216
				11	3:13	Abdominal obliques - internal	217
				11	3:14	Abdominal obliques - external	216

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