



**A** Semispinalis Capitis

**C** Splenius Cervicis

**E** Supraspinatus

**G** Rhomboid Major

**I** Teres Minor

**K** Serratus Anterior

**M** External Oblique

**O** Soleus

**Q** Gluteus Minimus

**S** Piriformis

**U** Gracilis

**B** Splenius Capitis

**D** Levator Scapulae

**F** Rhomboid Minor

**H** Infraspinatus

**J** Teres Major

**L** Serratus Posterior Inferior

**N** Internal Oblique

**P** Erector Spinae

**R** Gluteus Medius

**T** Quadratus Femoris