

Major Muscles

Body & health

The main muscles by name, what each one does, and where it sits.

Roughly 600 skeletal muscles; these are the ones named in almost every training or anatomy context.

Muscle	Where	Action
Trapezius	Upper back, neck	Shrugs, rotates the shoulder blade
Deltoid	Shoulder cap	Raises the arm in any direction
Pectoralis major	Chest	Pushes and pulls the arm across
Latissimus dorsi	Mid and lower back	Pulls the arm down and back
Biceps brachii	Front of upper arm	Bends the elbow, turns the palm up
Triceps brachii	Back of upper arm	Straightens the elbow
Rectus abdominis	Front of abdomen	Bends the trunk forward
Gluteus maximus	Buttock	Extends the hip — the main driver
Quadriceps	Front of thigh	Straightens the knee
Hamstrings	Back of thigh	Bends the knee, extends the hip
Gastrocnemius	Calf	Points the foot down

Muscles pull; they never push. Every joint needs an opposing pair to move both ways.