

Tendons	Adduction	Abduction	Extension	Quadriceps
Latissimus dorsi	Deltoid	Sternocleido-mastoid	Phalanges	Adductors
Proximal	Smooth muscle	Tibialis anterior	Back extensors	Pectoralis
Hand and finger flexors	Circumduction	Inferior	Rotation	Lateral
Plantar flexion	Skeletal muscle	Gluteal group	Gastrocnemius	Ligaments

Inferior	Flexion	Biceps	Cardiac muscle	Medial
Latissimus dorsi	Lateral	Adductors	Smooth muscle	Rectus femoris
Hand and finger flexors	Back extensors	Superior	Tibialis anterior	Sternocleido-mastoid
Adduction	Pectoralis	Quadriceps	Ligaments	Deltoid
Extension	Plantar flexion	Proximal	Phalanges	Rotation

Back extensors	Cardiac muscle	Plantar flexion	Latissimus dorsi	Deltoid
Proximal	Medial	Adduction	Hand and finger flexors	Abduction
Lateral	Tendons	Biceps	Triceps	Trapezius
Quadriceps	Pectoralis	Dorsi flexion	Tibialis anterior	Adductors
Inferior	Extension	Gastrocnemius	Circumduction	Superior