

Tendons	Adduction	Abduction	Extension	Proximal
Lateral	Circumduction	Superior	Pectoralis	Adductors
Smooth muscle	Tibialis anterior	Back extensors	Medial	Hamstrings
Inferior	Rotation	Intercostals	Plantar flexion	Skeletal muscle
Gastrocnemius	Hand and finger flexors	Ligaments	Flexion	Biceps

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

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