



Muscles	Location (clues)
Gastrocnemius	From knee to ankle, back side
Pectoral	Chest area
Bicep	From shoulder to elbow, front side
Hamstring	From hip to knee, back side
Gluteal	At the buttocks area.
Tricep	From shoulder to elbow, back side
Quadricep	From hip to knee, front side
Trapezius	Behind chest
Abdominal	Infront of intestine, front side
Deltoid	Can be seen front and back, touching part of clavicle, humerus, and scapula, at the shoulder area.
Latissimus Dorsi	Behind intestine, behind core, back side