

masseter

deltoids

pectorals

trapezius

biceps

triceps

abdominals

quadriceps

biceps

calf muscles

Female Muscular System

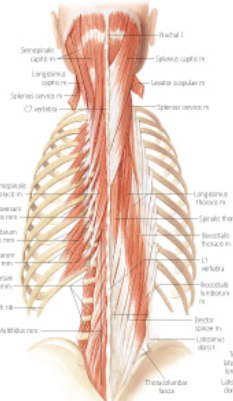
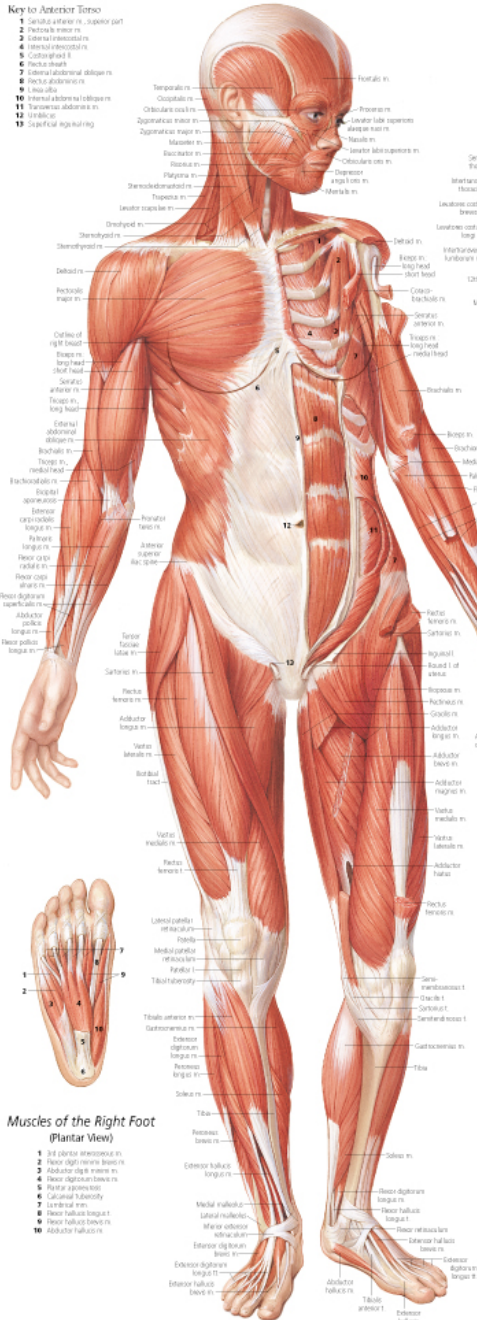
Key of Abbreviations

- L** Ligament
- ll** Ligaments
- m** Muscle
- mm** Muscles
- t** Tendon
- v** Vein

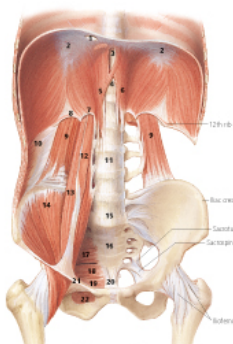
Anterior View

Posterior View

- Key to Anterior Torso**
- 1 Serratus anterior m. superior part
 - 2 Pectoralis minor m.
 - 3 External intercostal m.
 - 4 External intercostal m.
 - 5 External intercostal m.
 - 6 Pectoralis major m.
 - 7 External abdominal oblique m.
 - 8 Pectoralis major m.
 - 9 Internal oblique m.
 - 10 Internal abdominal oblique m.
 - 11 Transverse abdominal m.
 - 12 External oblique m.
 - 13 External oblique m.



Deep Muscles of the Back

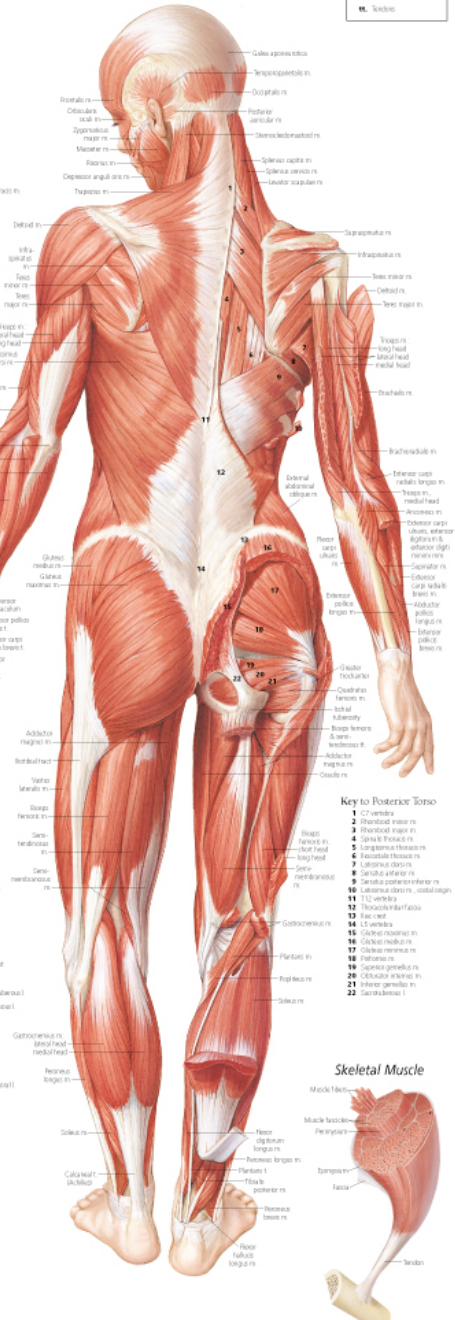


Muscles of the Posterior Abdominal Wall

Muscles of the Right Foot (Plantar View)

- 1 Tibialis anterior m.
- 2 Flexor digitorum longus m.
- 3 Flexor digitorum longus m.
- 4 Flexor digitorum longus m.
- 5 Flexor digitorum longus m.
- 6 Flexor digitorum longus m.
- 7 Flexor digitorum longus m.
- 8 Flexor digitorum longus m.
- 9 Flexor digitorum longus m.
- 10 Abductor hallucis m.

- Key to Posterior Torso**
- 1 Cervical vertebrae
 - 2 Thoracic vertebrae
 - 3 Thoracic vertebrae
 - 4 Thoracic vertebrae
 - 5 Thoracic vertebrae
 - 6 Thoracic vertebrae
 - 7 Thoracic vertebrae
 - 8 Thoracic vertebrae
 - 9 Thoracic vertebrae
 - 10 Thoracic vertebrae
 - 11 Thoracic vertebrae
 - 12 Thoracic vertebrae
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 - 21 Thoracic vertebrae
 - 22 Thoracic vertebrae

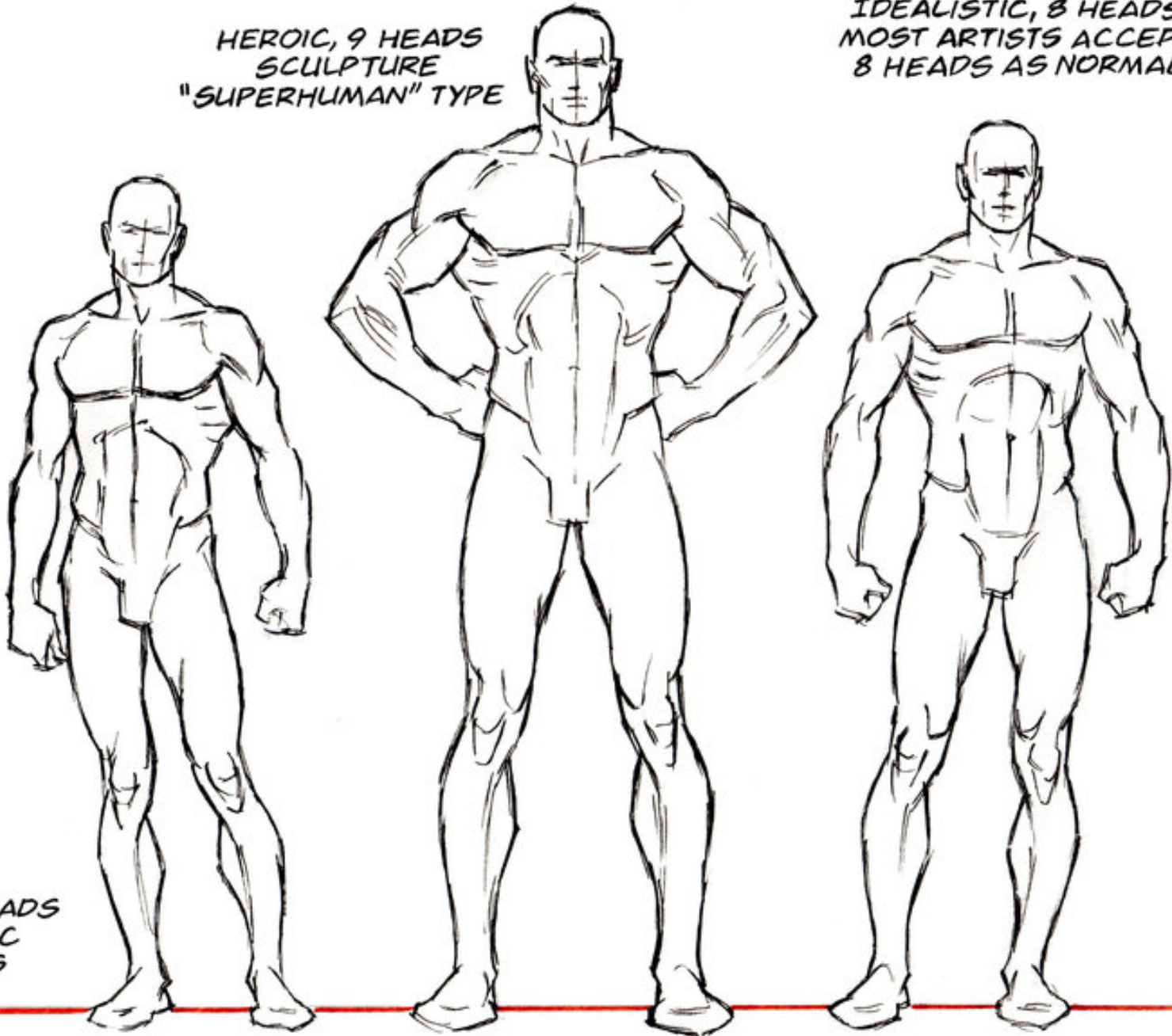


Skeletal Muscle

STANDARDS OF PROPORTION

HEROIC, 9 HEADS
SCULPTURE
"SUPERHUMAN" TYPE

IDEALISTIC, 8 HEADS
MOST ARTISTS ACCEPT
8 HEADS AS NORMAL



NORMAL, 7 1/2 HEADS
THE ACADEMIC
PROPORTIONS

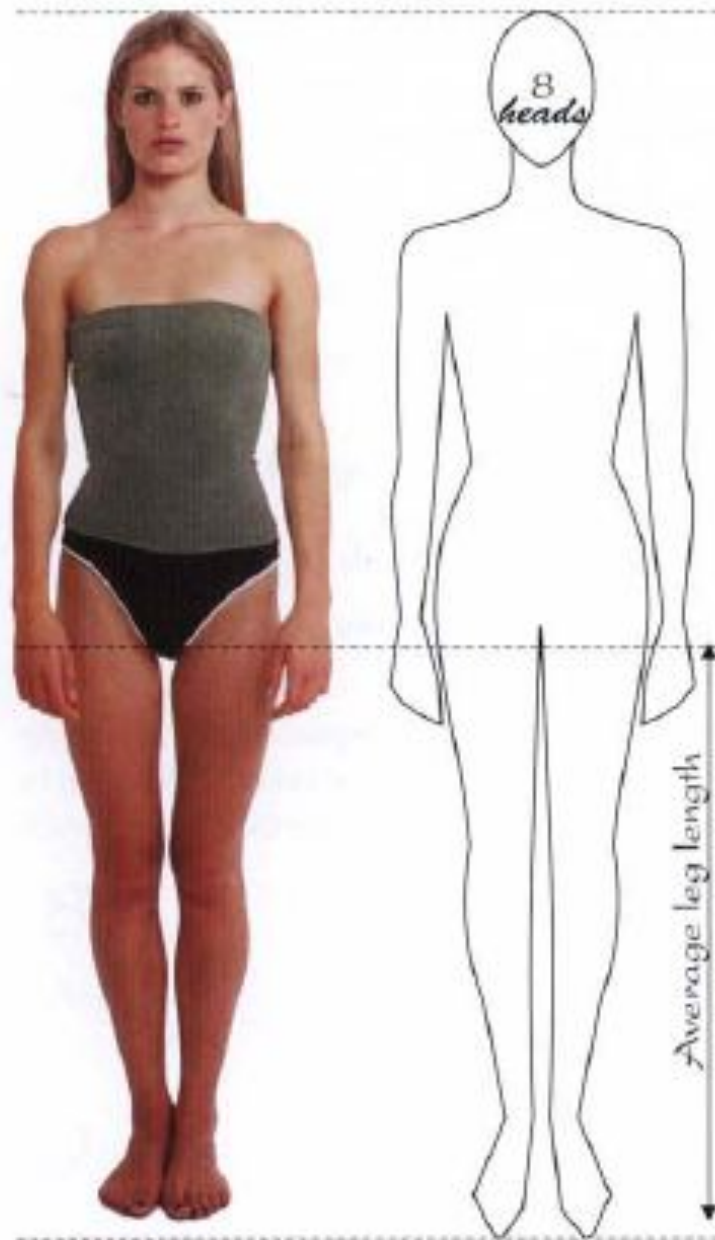


Figure 4.1:
The Female Figure measures seven to eight heads

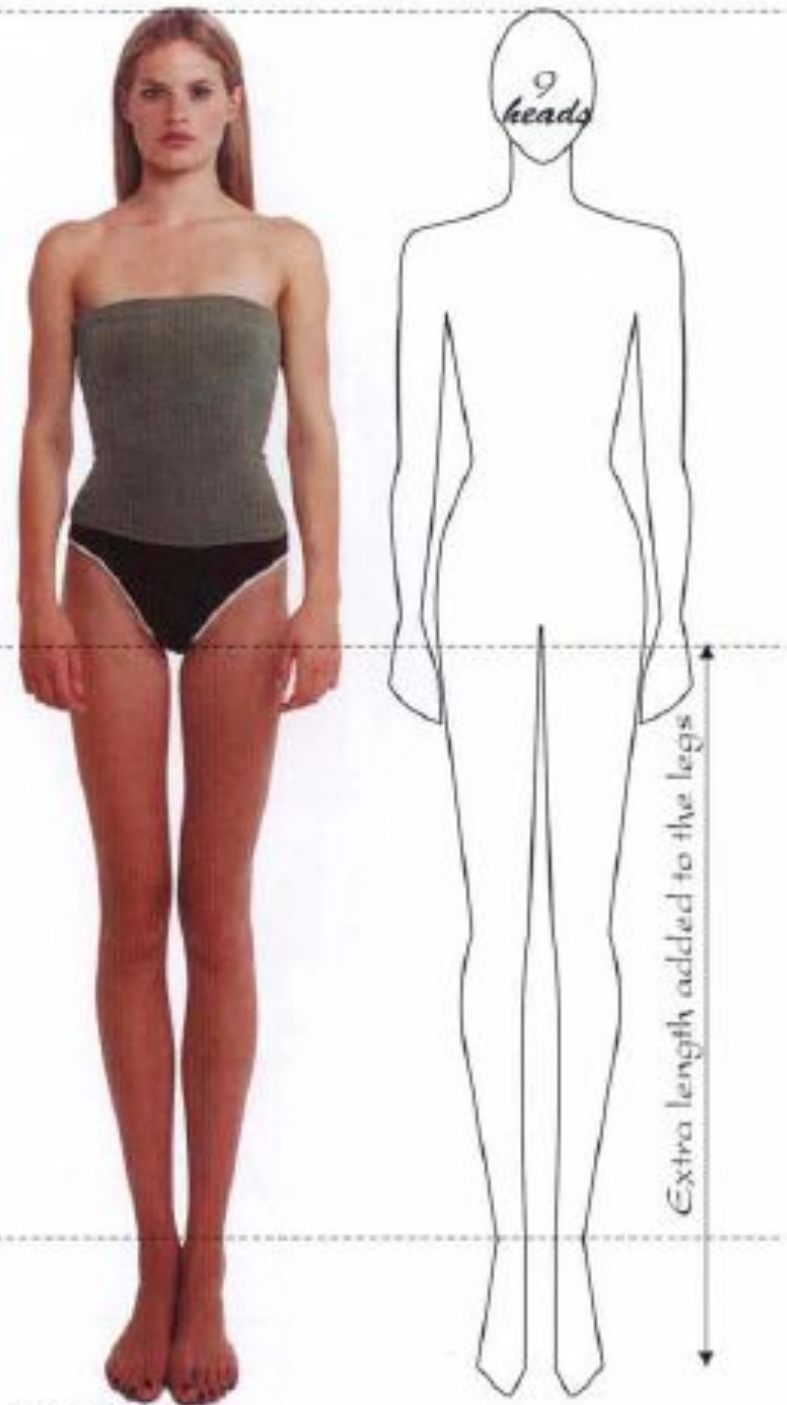
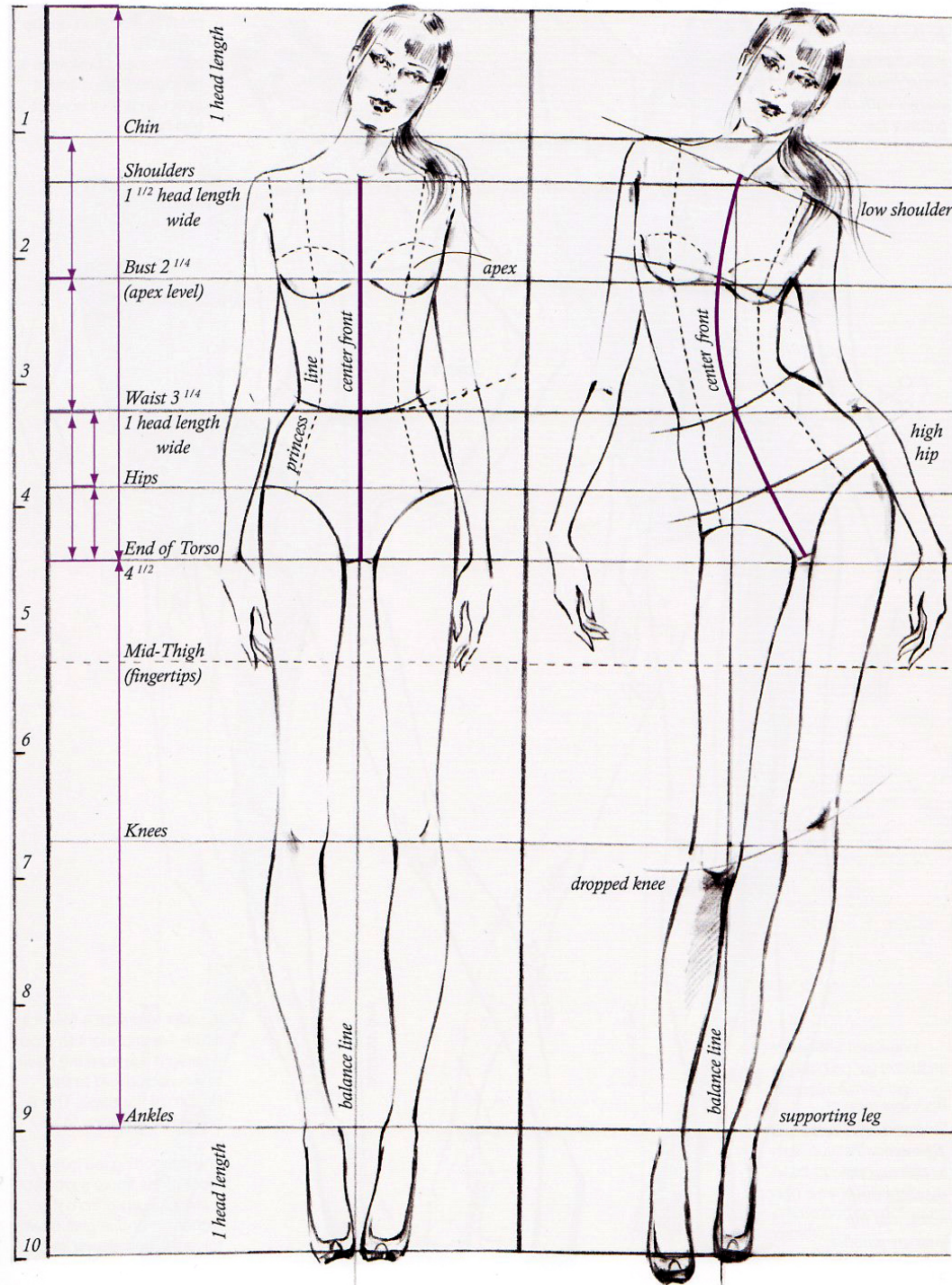


Figure 4.2:
The Fashion Figure measures nine heads or more (model's legs have been stretched using Photoshop)

10-HEAD BASIC CROQUIS

BASIC CROQUIS IN ACTION



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1

2

3

4

5

6

7

8

9

10

