



# ANATOMY FOR *Yogis*

A Helpful Guide to Bones,  
Muscles and Actions

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[anatomyforyogis.com](http://anatomyforyogis.com)

# TERMS TO KNOW

**ANATOMICAL POSITION - TADASANA (MOUNTAIN)** - THE STARTING POINT FOR ALL DESCRIPTIVE TERMINOLOGY: LOCATION, POSITION, OR MOTION

**FRONTAL (CORONAL) PLANE** - DIVIDES THE BODY INTO FRONT AND BACK

**SAGITTAL PLANE** - DIVIDES THE BODY INTO RIGHT AND LEFT

**TRANSVERSE PLANE** - DIVIDES THE BODY INTO TOP AND BOTTOM

**FLEXION** - DECREASING THE ANGLE AT A JOINT AND/OR MOVING IN AN ANTERIOR DIRECTION IN THE SAGITTAL PLANE

**EXTENSION** - INCREASING THE ANGLE AT A JOINT, MOVING IN A POSTERIOR DIRECTION IN THE SAGITTAL PLANE

**ABDUCTION** - MOVEMENT AWAY FROM MIDLINE IN THE FRONTAL PLANE

**ADDUCTION** - MOVEMENT TOWARD MIDLINE IN THE FRONTAL PLANE

**INTERNAL/MEDIAL ROTATION** - MOVEMENT TOWARD MIDLINE IN THE TRANSVERSE PLANE

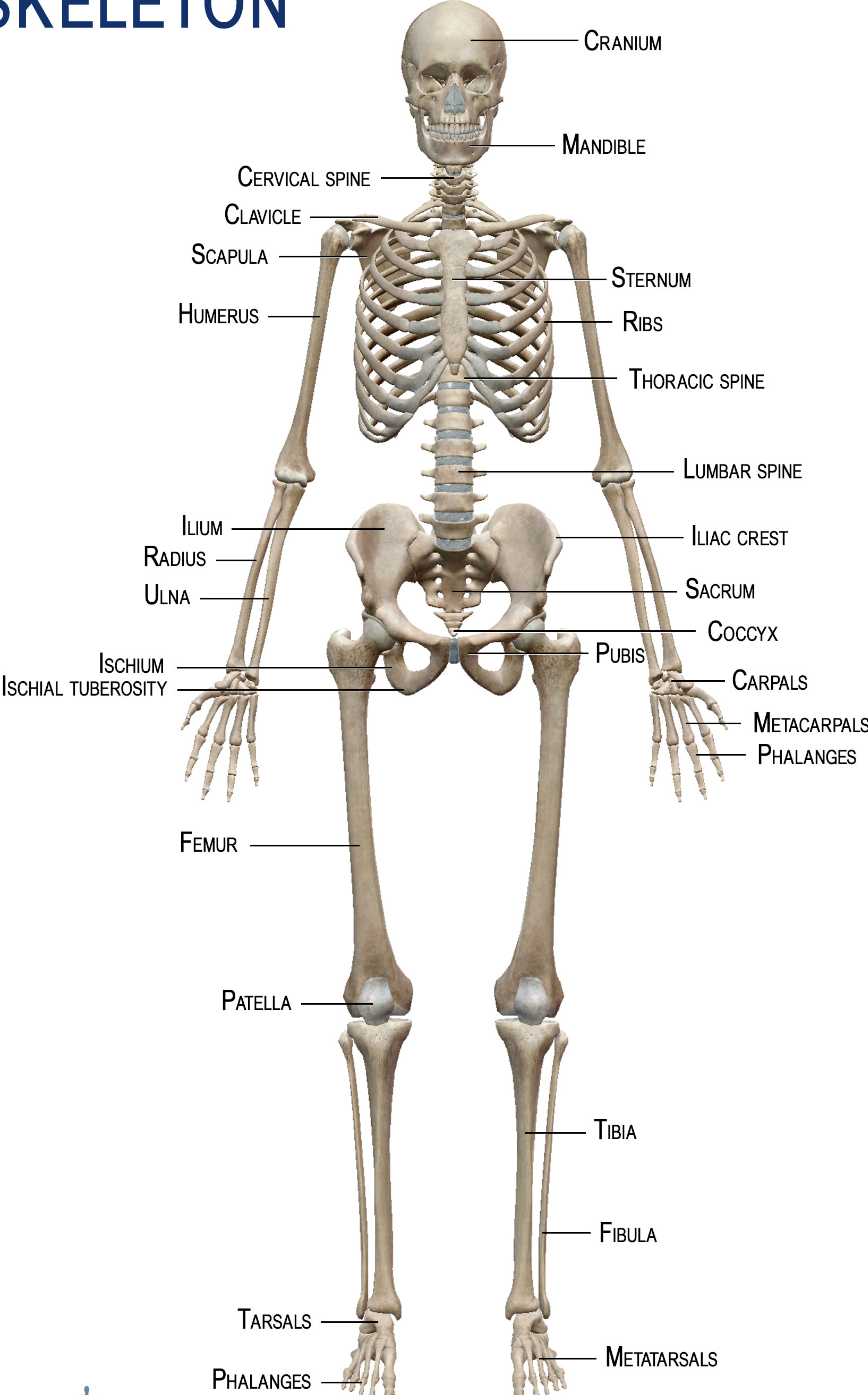
**EXTERNAL/LATERAL ROTATION** - MOVEMENT AWAY FROM MIDLINE IN THE TRANSVERSE PLANE



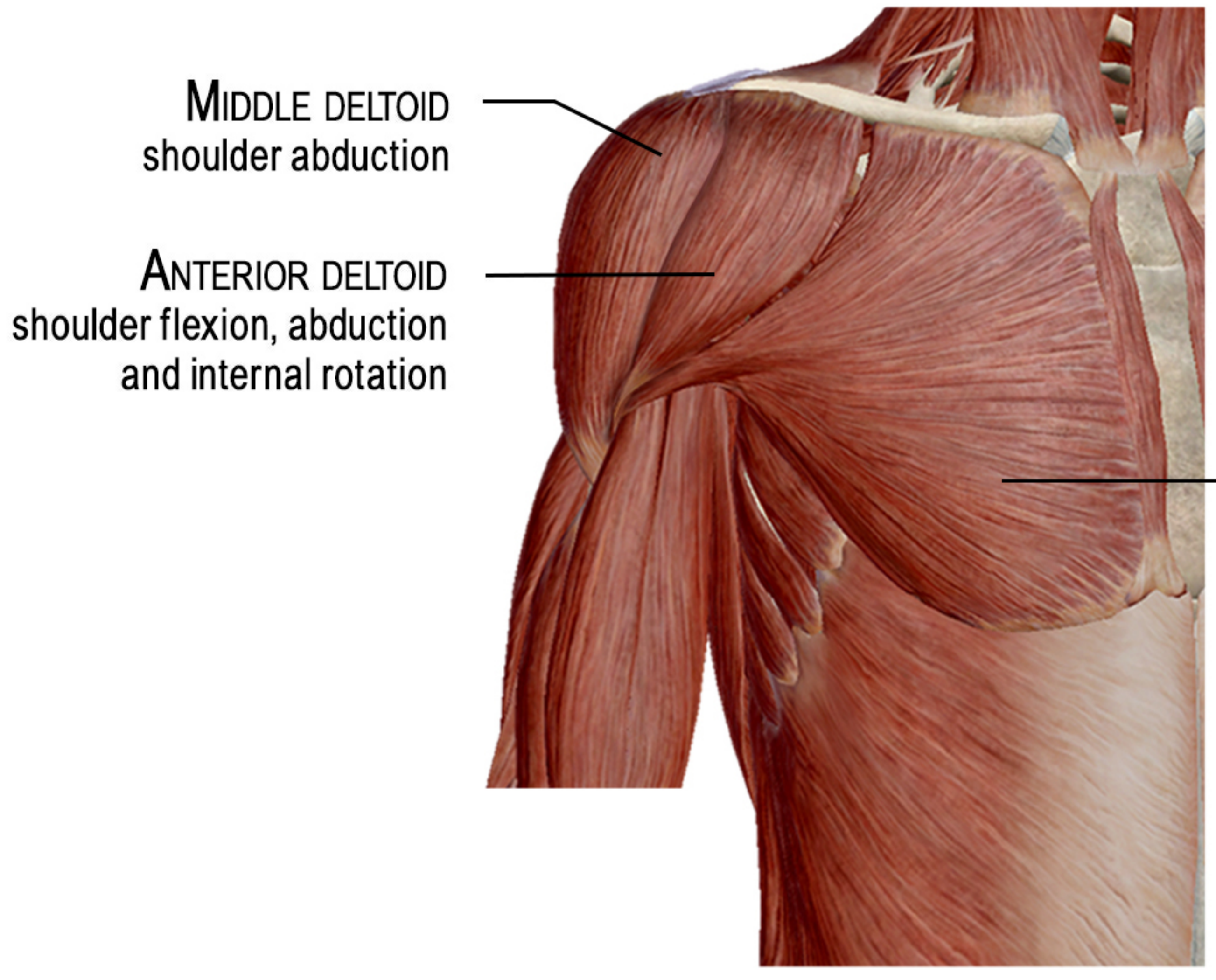
HAVE **MUSCLE PREMIUM** ON YOUR **IPHONE** OR **IPAD**?

TAP  TO SEE ANY VIEW IN THIS GUIDE IN **3D**.

# SKELETON



# MUSCLES of the SHOULDER



**MIDDLE DELTOID**  
shoulder abduction

**ANTERIOR DELTOID**  
shoulder flexion, abduction and internal rotation

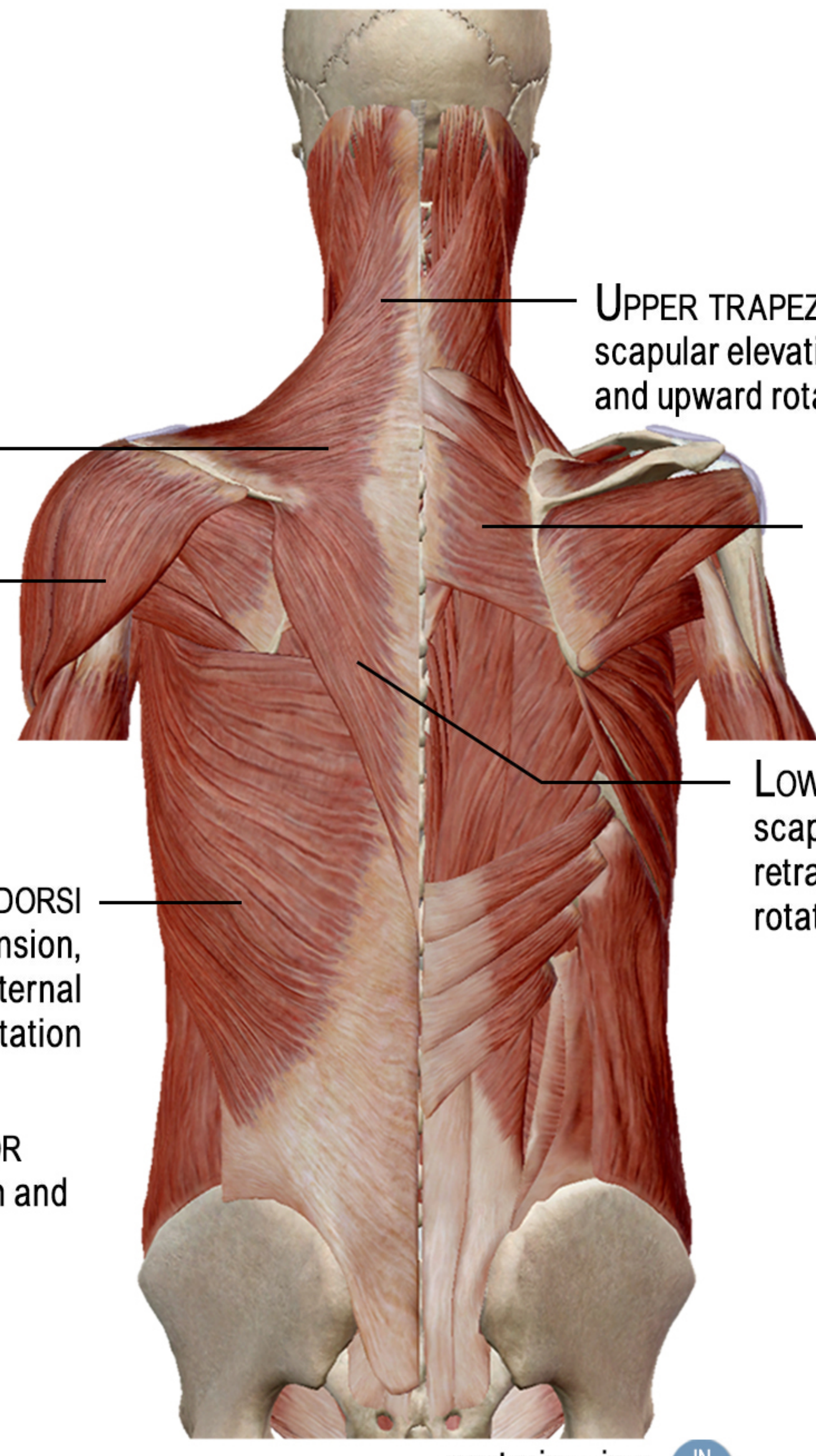
anterior view IN APP

**MIDDLE TRAPEZIUS**  
scapular retraction

**POSTERIOR DELTOID**  
shoulder extension  
horizontal abduction and external rotation

**LATISSIMUS DORSI**  
shoulder extension, adduction and internal rotation

**PECTORALIS MAJOR**  
shoulder adduction and internal rotation

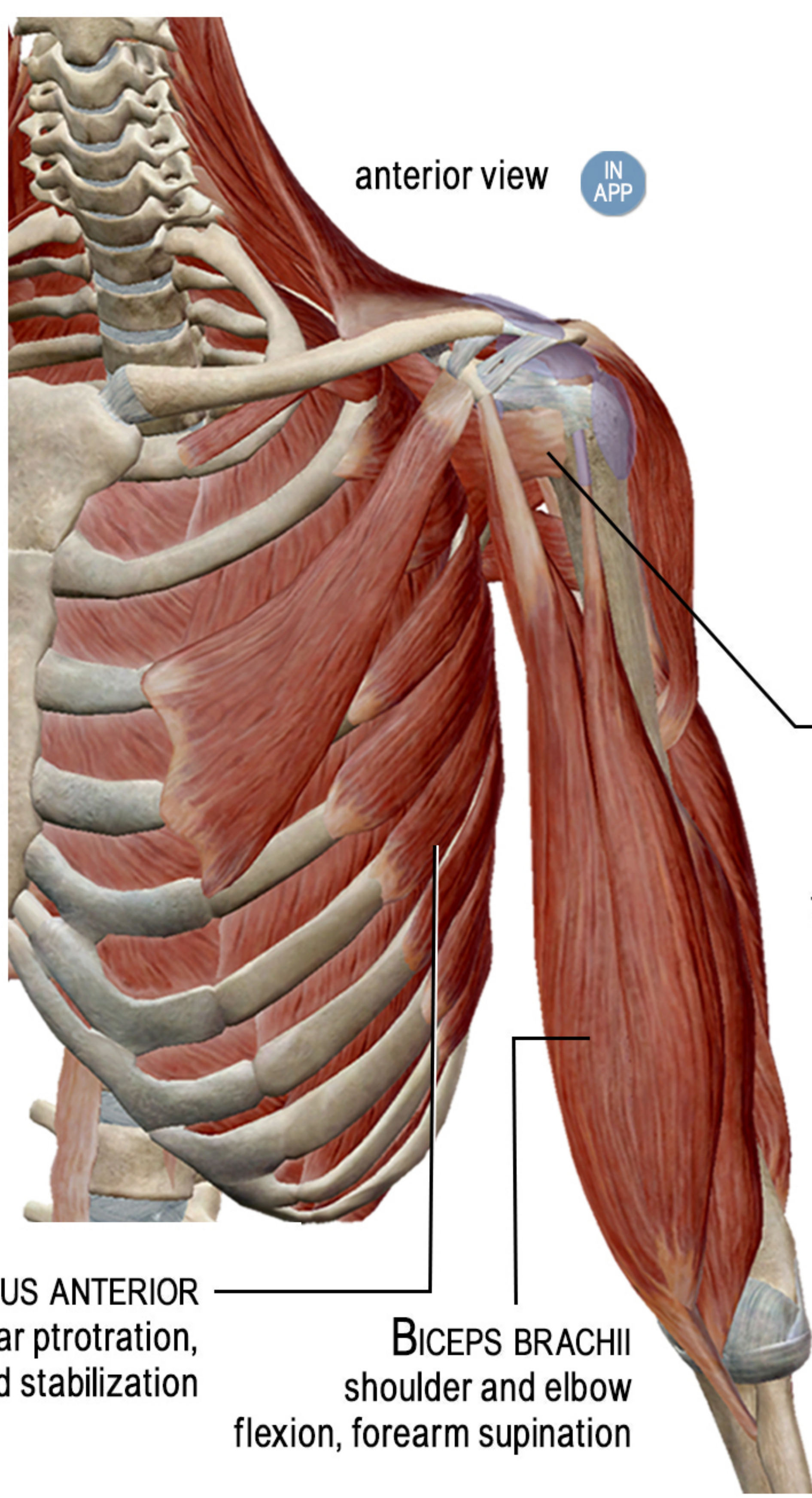


**UPPER TRAPEZIUS**  
scapular elevation and upward rotation

**RHOMBOIDS**  
scapular retraction, downward rotation and elevation

**LOWER TRAPEZIUS**  
scapular depression, retraction, and upward rotation (anchor)

posterior view IN APP



anterior view IN APP

**SERRATUS ANTERIOR**  
scapular protrusion, upward rotation and stabilization

**BICEPS BRACHII**  
shoulder and elbow flexion, forearm supination

## THE ROTATOR CUFF

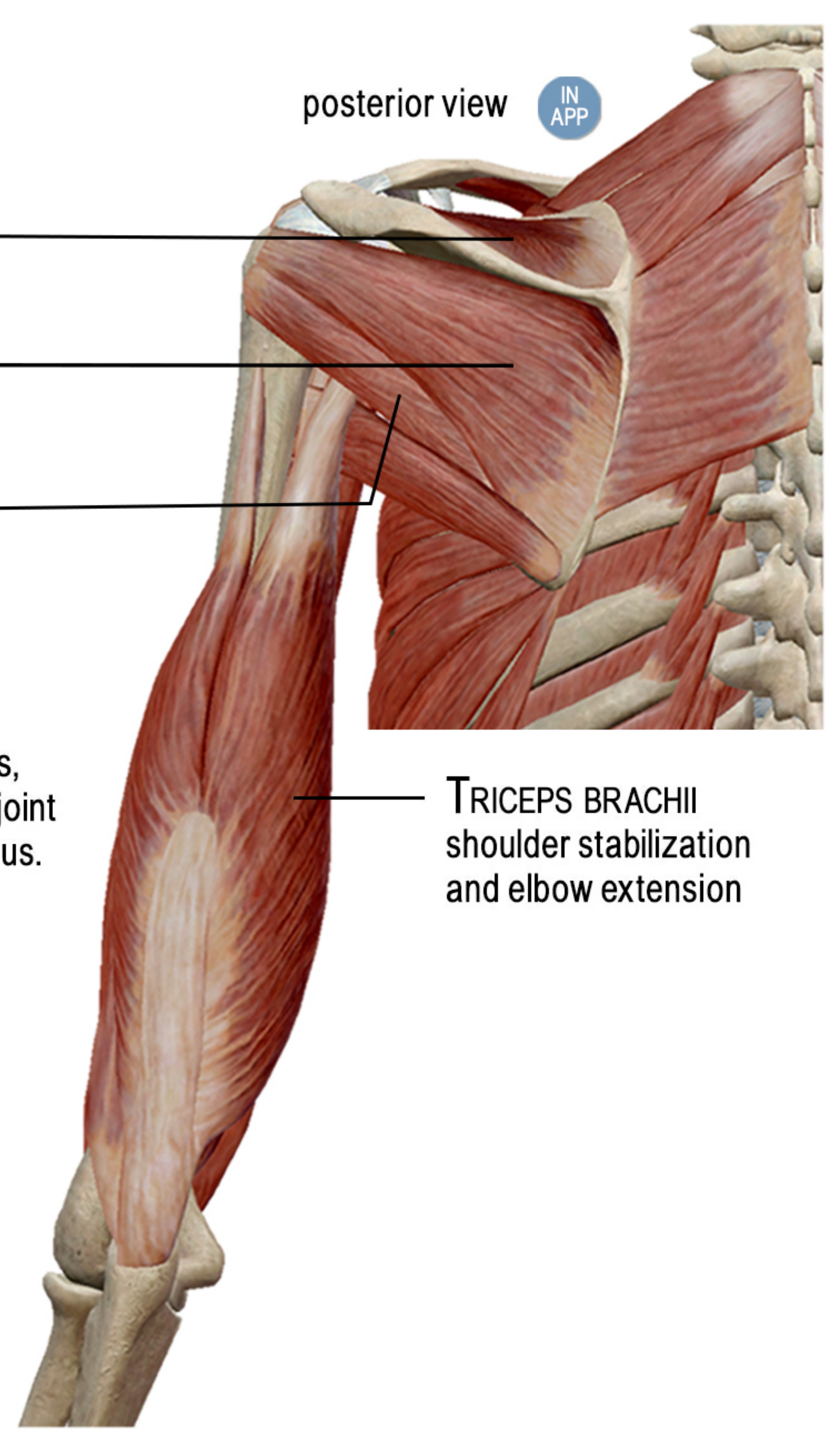
**SUPRASPINATUS**  
shoulder abduction

**INFRASPINATUS**  
shoulder external rotation

**TERES MINOR**  
shoulder external rotation

**SUBSCAPULARIS**  
shoulder internal rotation

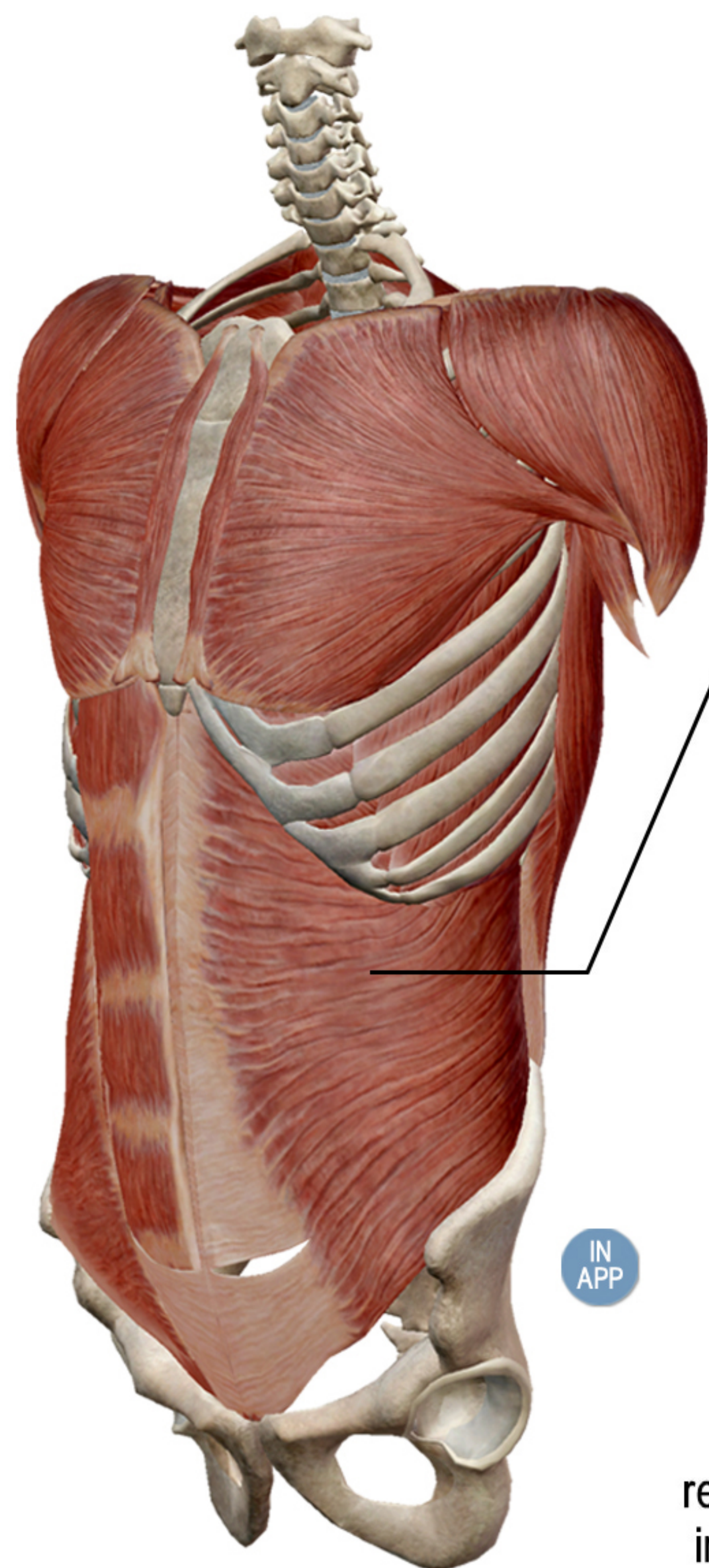
In addition to individual functions, the rotator cuff also stabilizes the joint and directs the head of the humerus.



posterior view IN APP

**TRICEPS BRACHII**  
shoulder stabilization and elbow extension

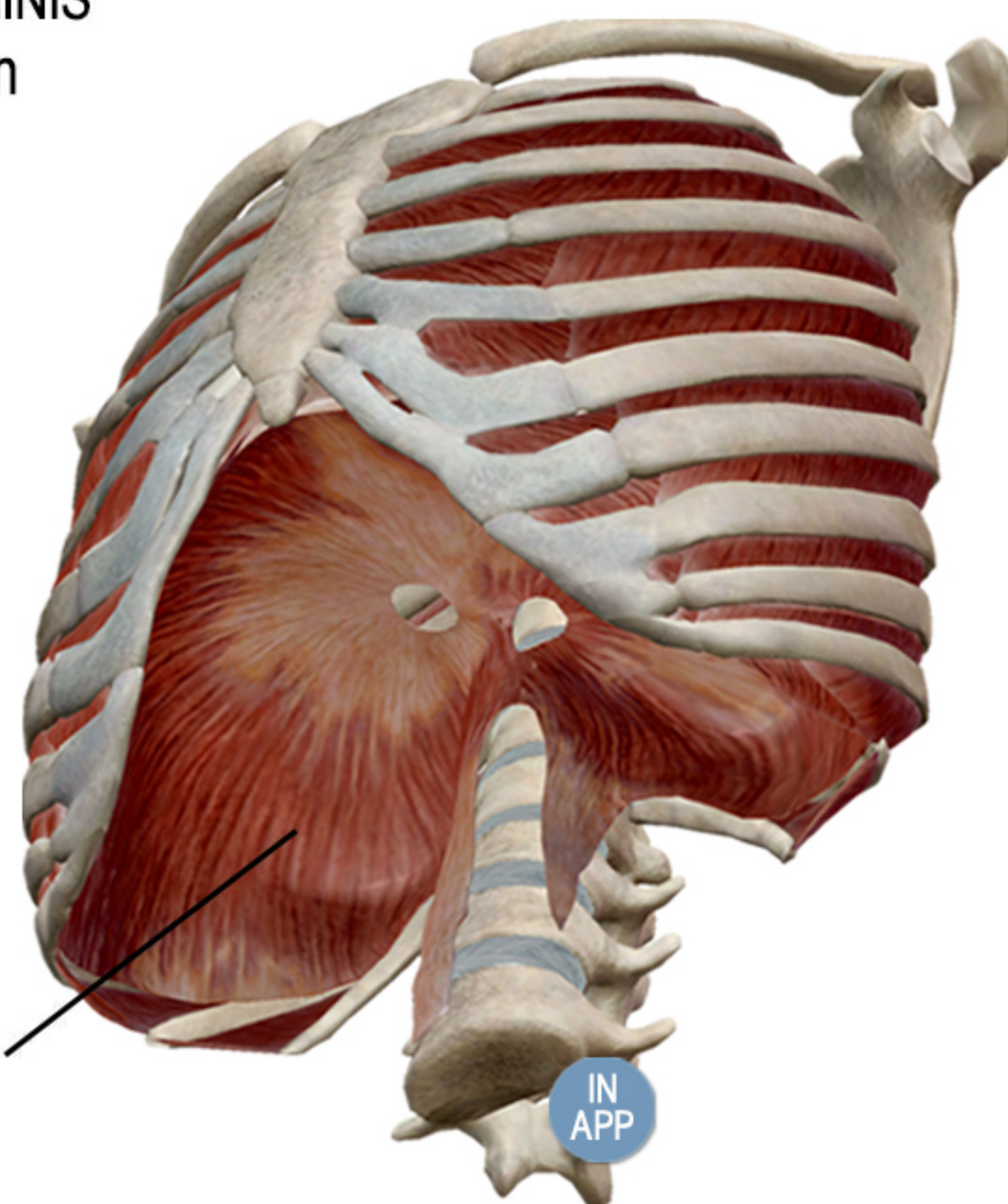
# MUSCLES of the SHOULDER and CORE



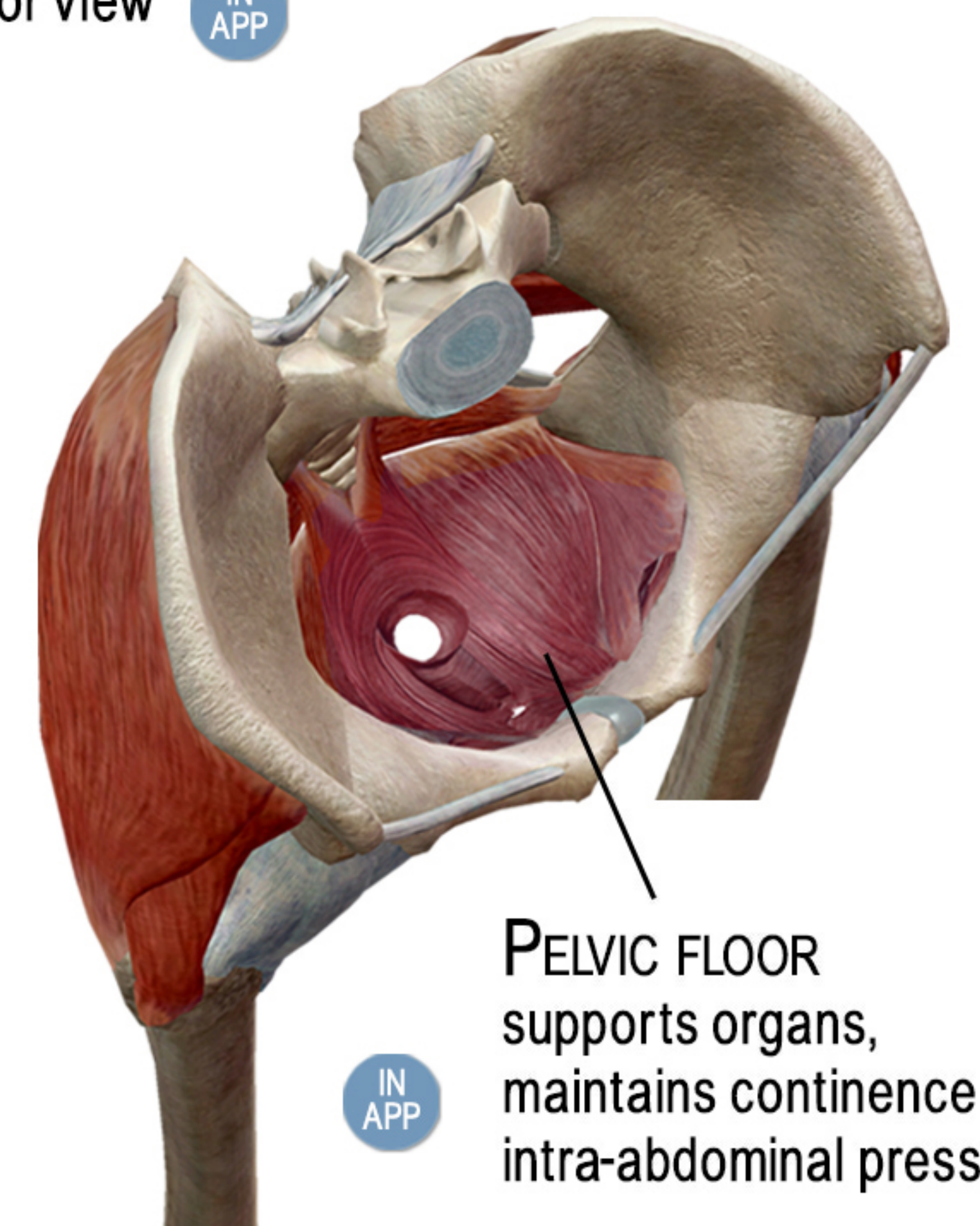
**TRANSVERSUS ABDOMINIS**  
abdominal compression and core stabilization

IN APP

**DIAPHRAGM**  
respiration and increased intra-abdominal pressure

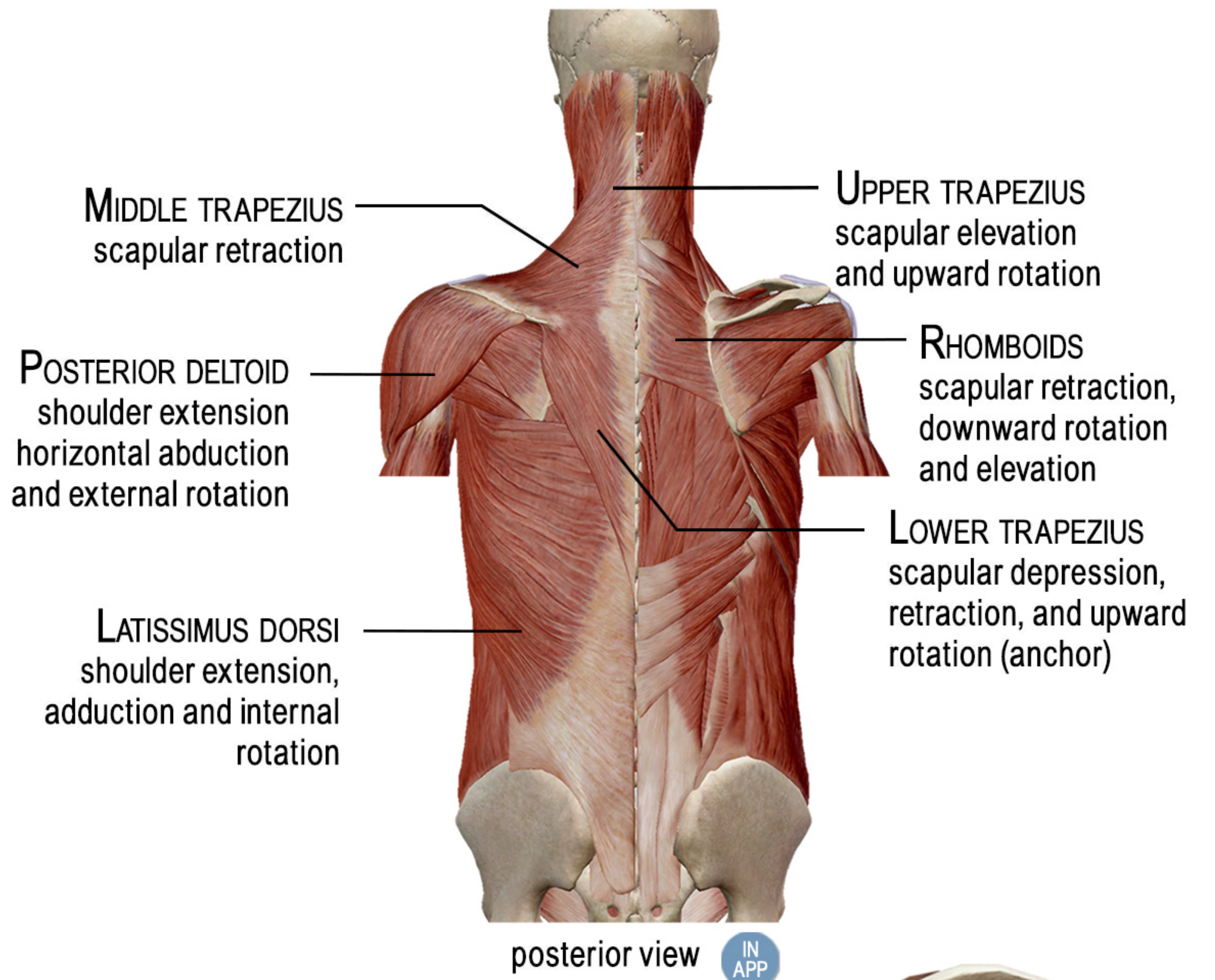


IN APP



IN APP

**PELVIC FLOOR**  
supports organs, maintains continence and intra-abdominal pressure



posterior view  
IN APP

**MIDDLE TRAPEZIUS**  
scapular retraction

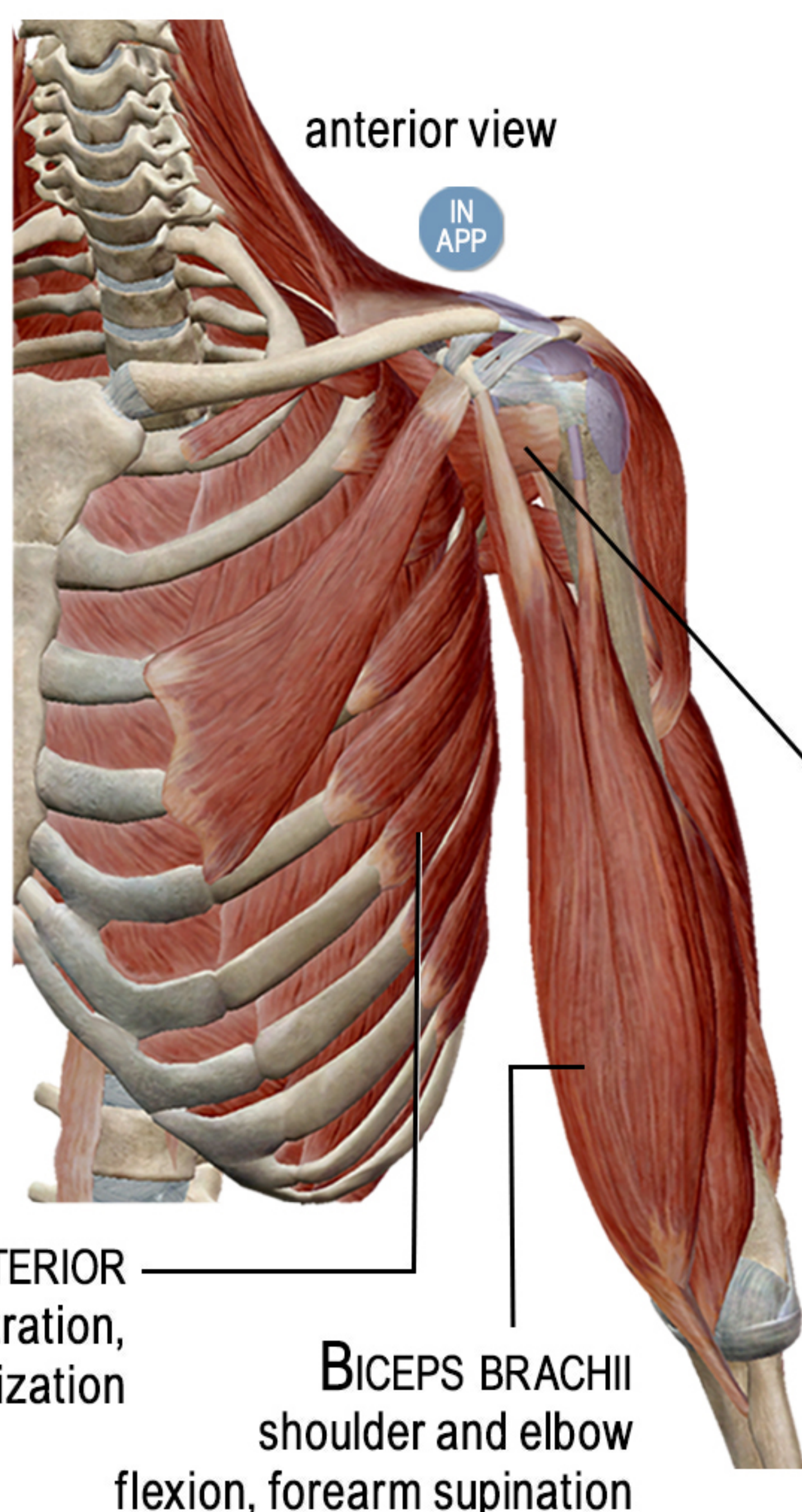
**UPPER TRAPEZIUS**  
scapular elevation and upward rotation

**POSTERIOR DELTOID**  
shoulder extension, horizontal abduction and external rotation

**RHOMBOIDS**  
scapular retraction, downward rotation and elevation

**LATISSIMUS DORSI**  
shoulder extension, adduction and internal rotation

**LOWER TRAPEZIUS**  
scapular depression, retraction, and upward rotation (anchor)



anterior view  
IN APP

**SERRATUS ANTERIOR**  
scapular protrusion, upward rotation and stabilization

**BICEPS BRACHII**  
shoulder and elbow flexion, forearm supination

## THE ROTATOR CUFF

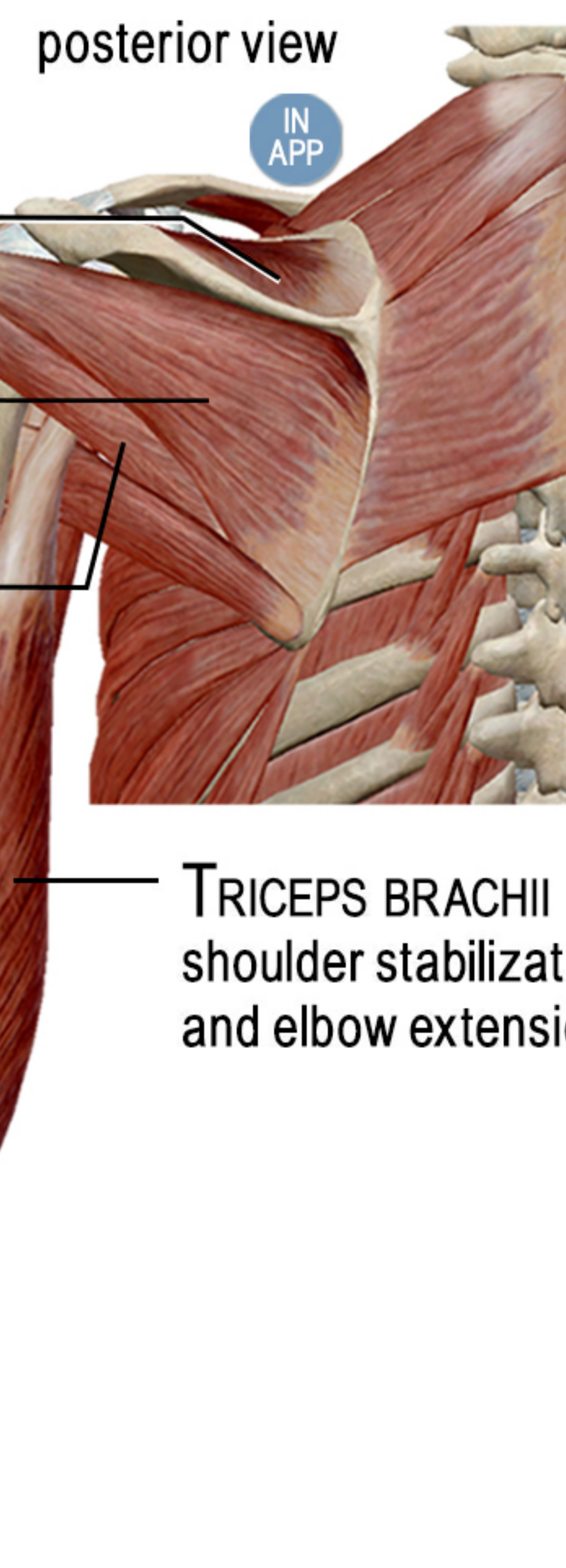
**SUPRASPINATUS**  
shoulder abduction

**INFRASPINATUS**  
shoulder external rotation

**TERES MINOR**  
shoulder external rotation

**SUBSCAPULARIS**  
shoulder internal rotation

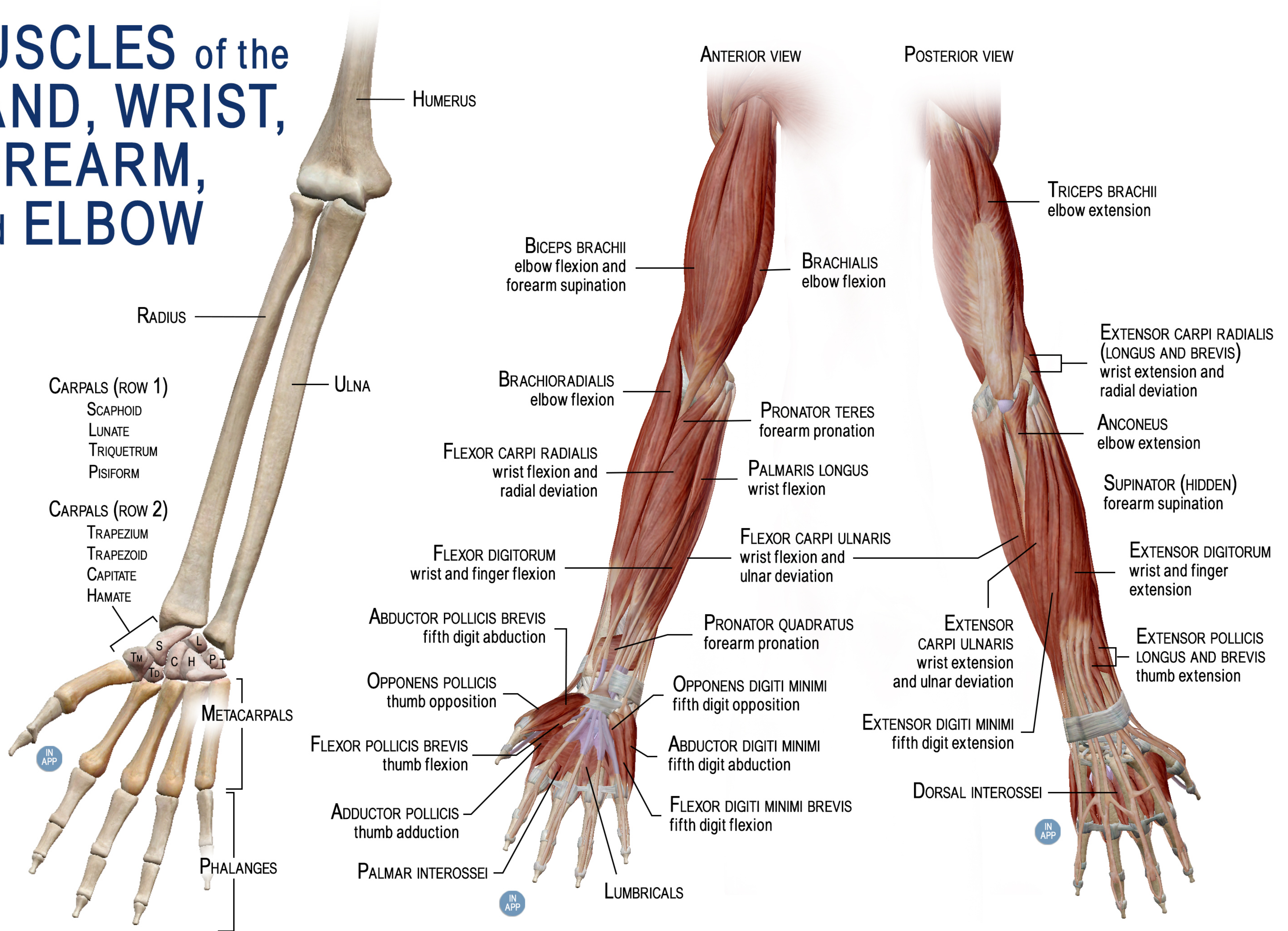
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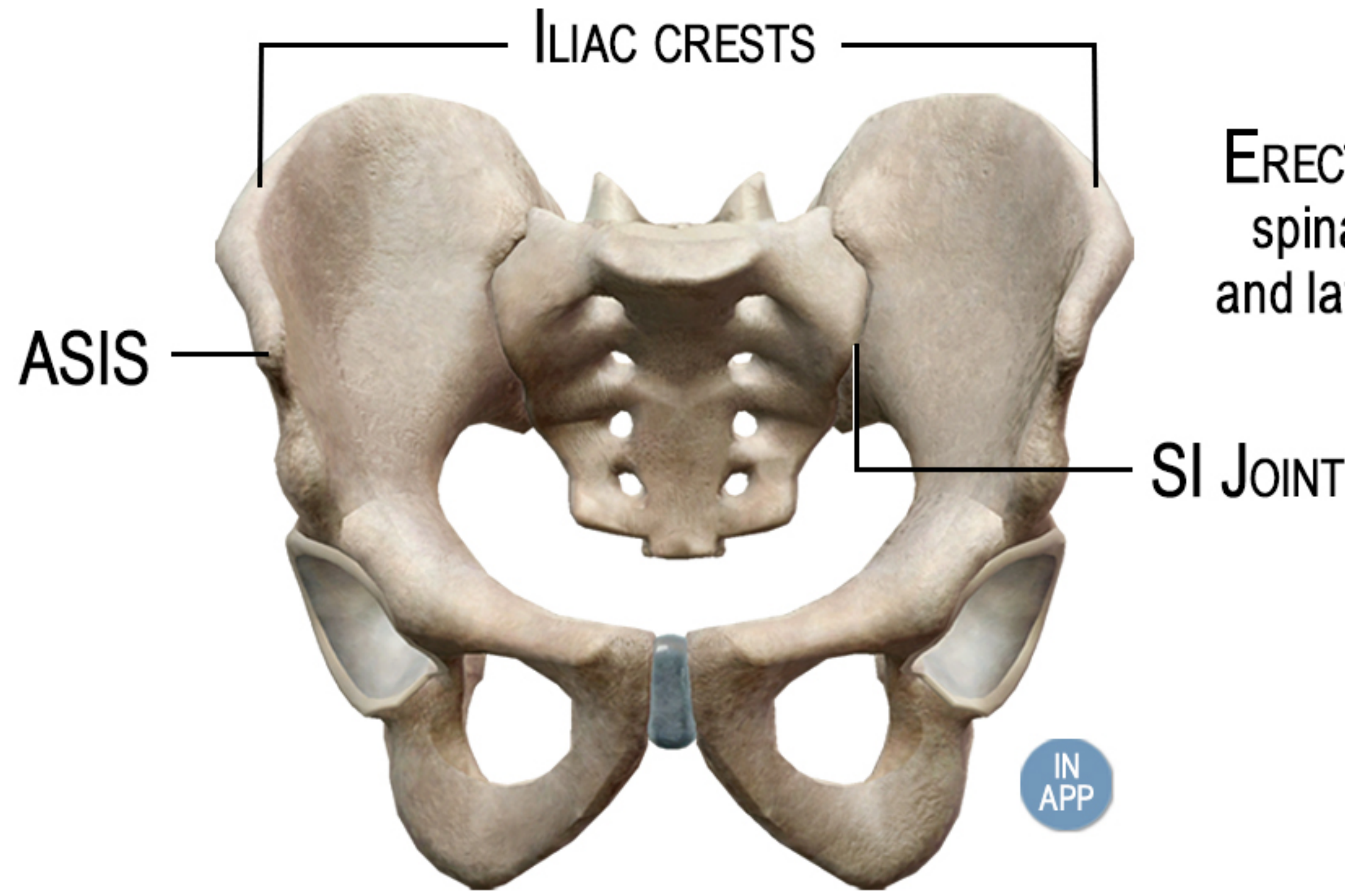
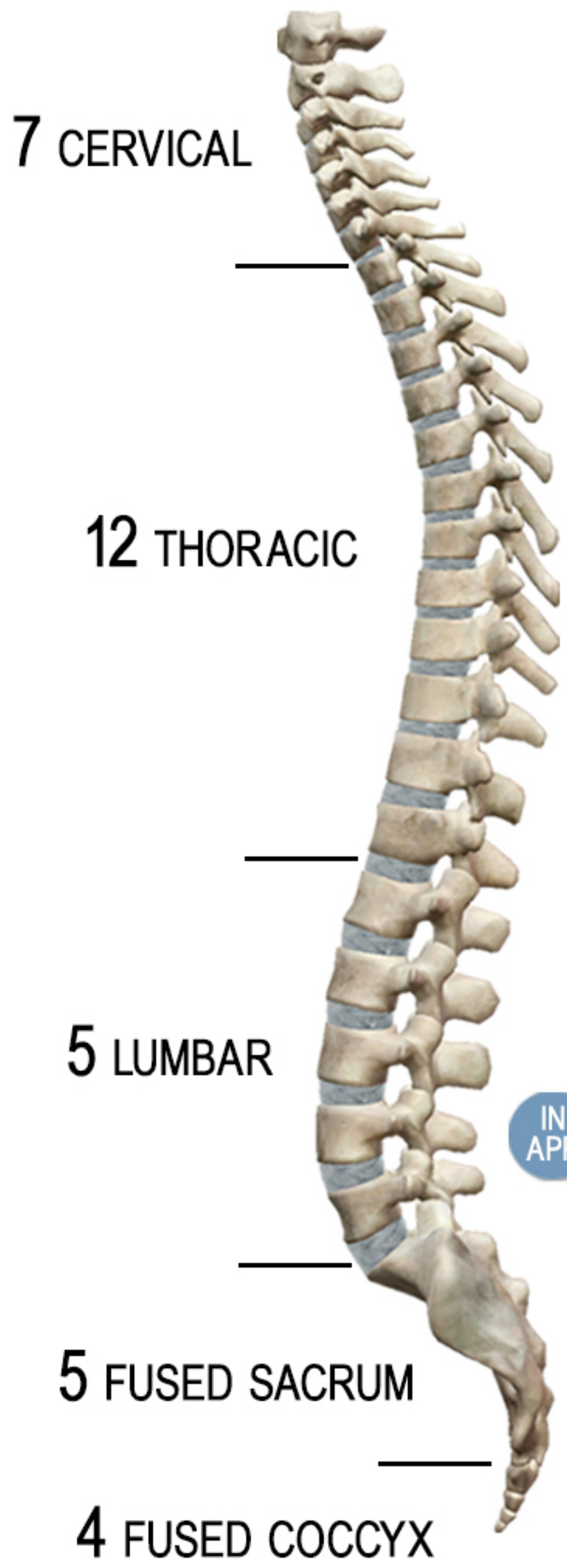
posterior view  
IN APP

**TRICEPS BRACHII**  
shoulder stabilization and elbow extension

# MUSCLES of the HAND, WRIST, FOREARM, and ELBOW

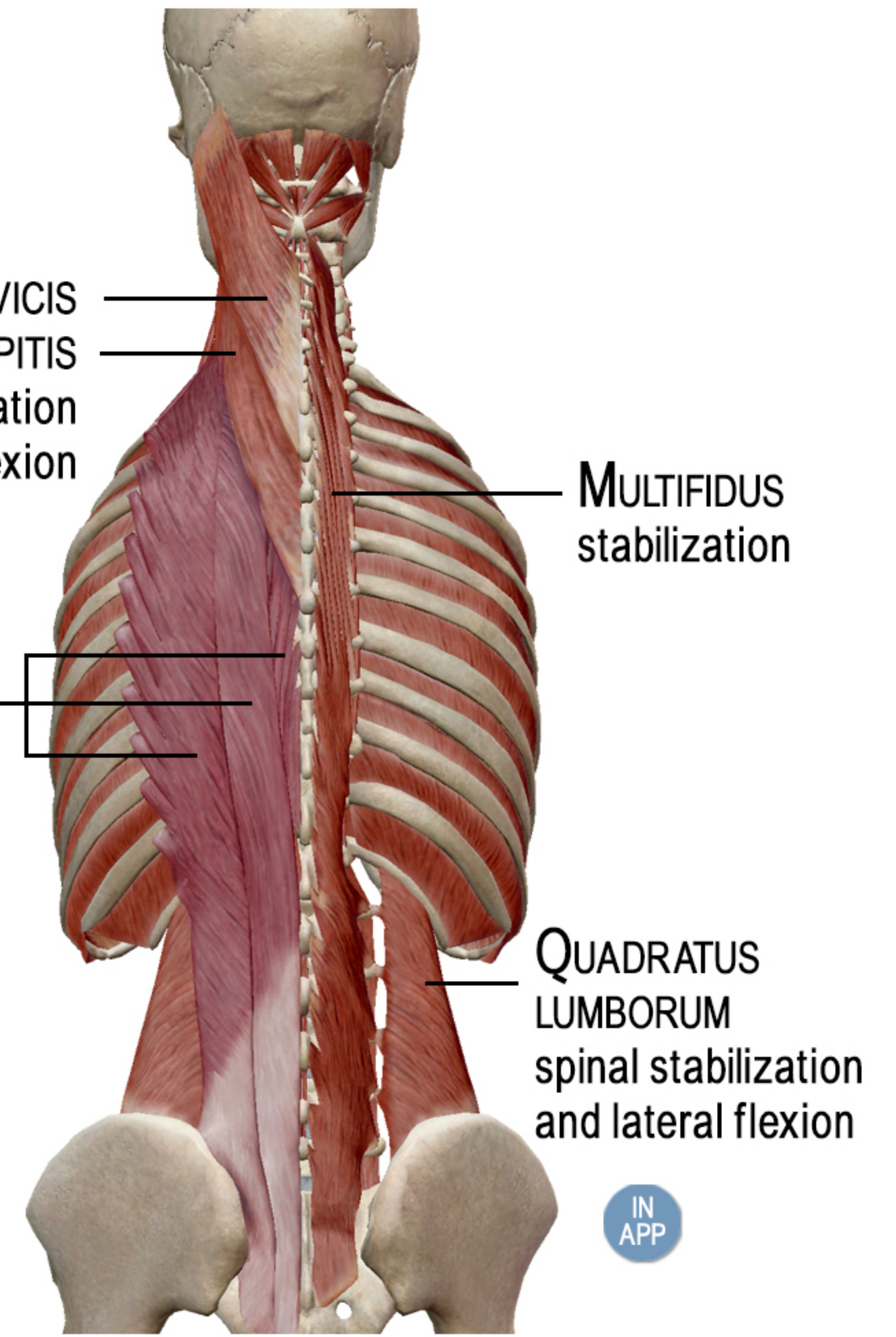


# MUSCLES of the SPINE, PELVIS, and CORE

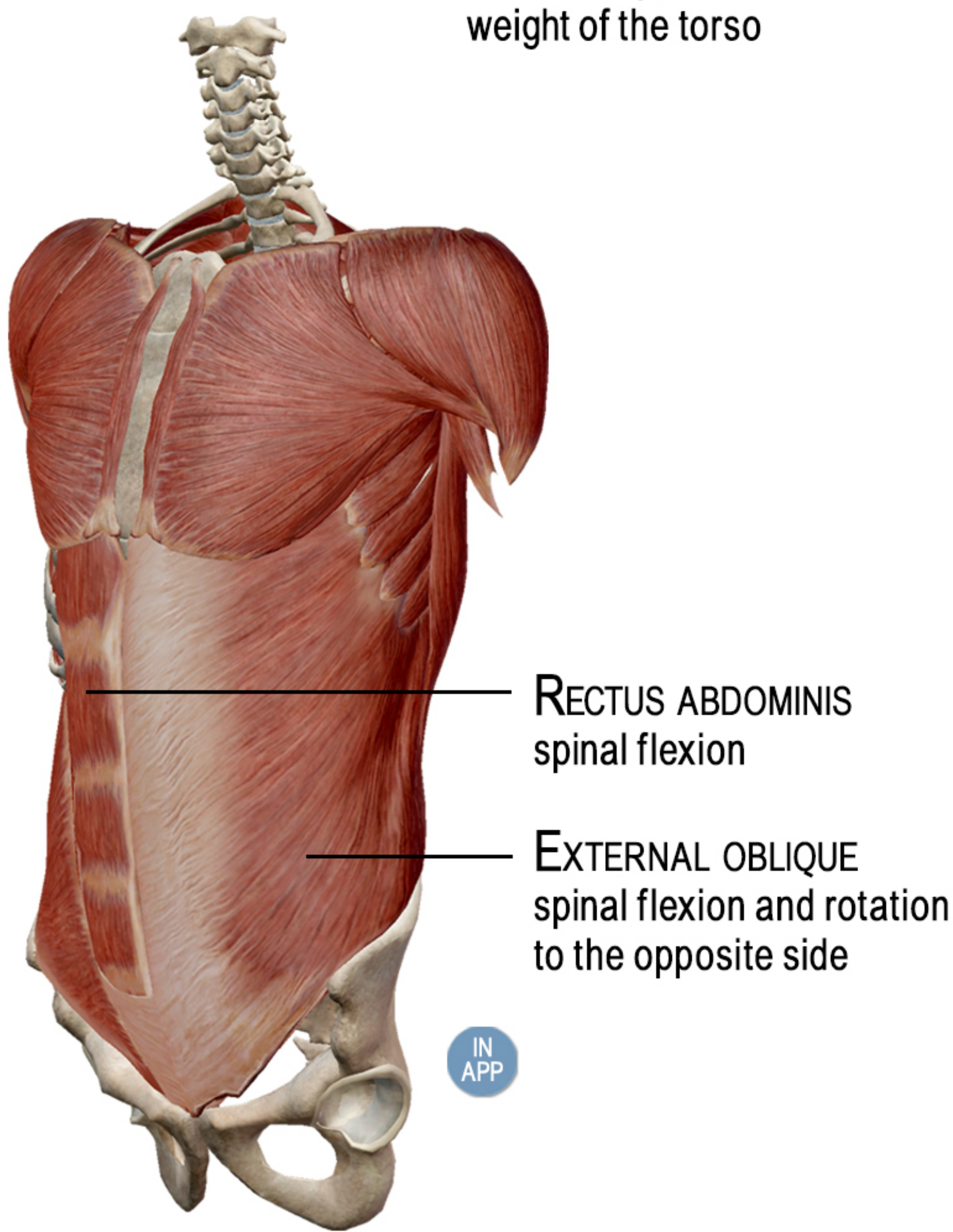


Sacrum (S) of the spine connects with the ilium (I) of the pelvis. Limited mobility, transmits weight of the torso

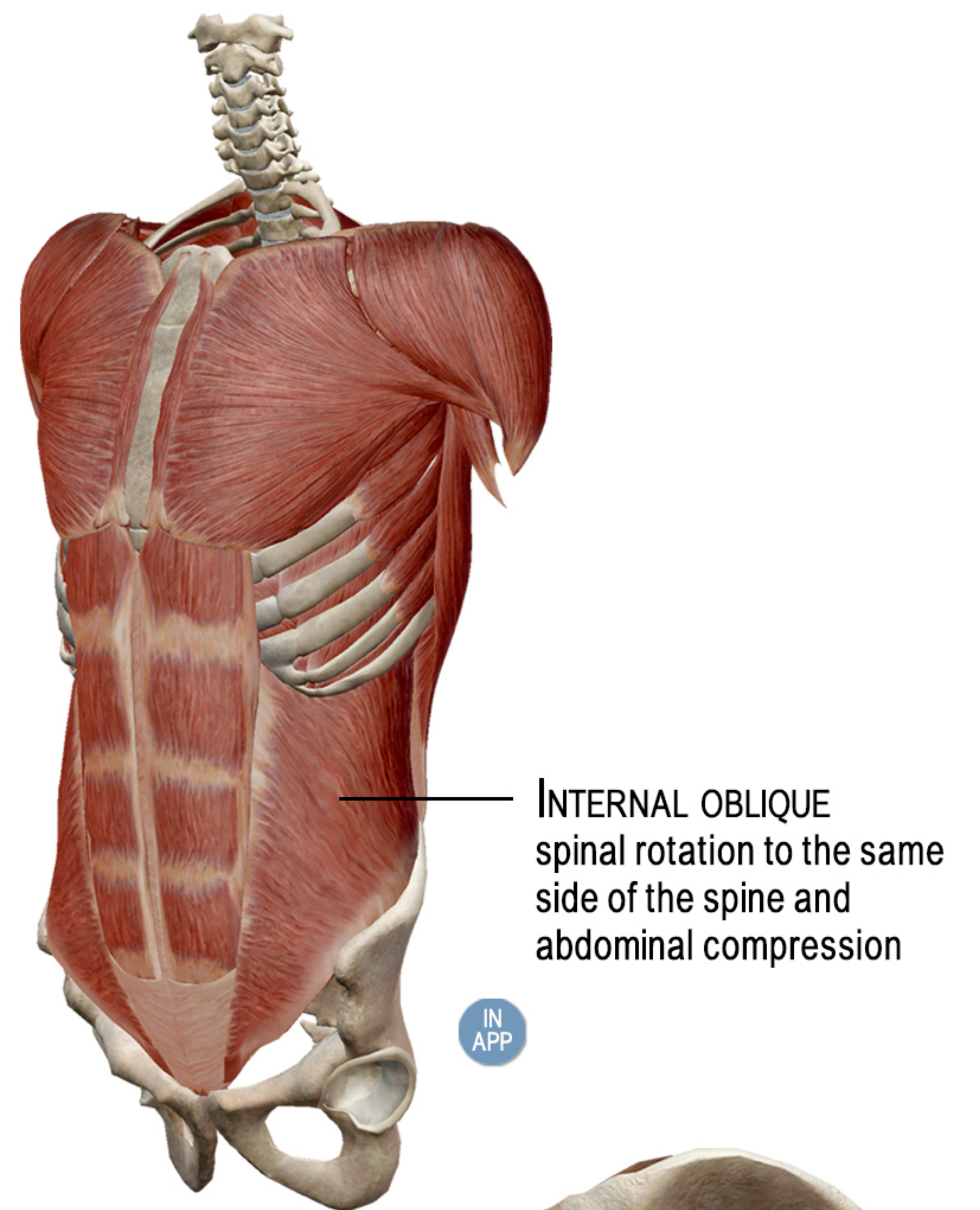
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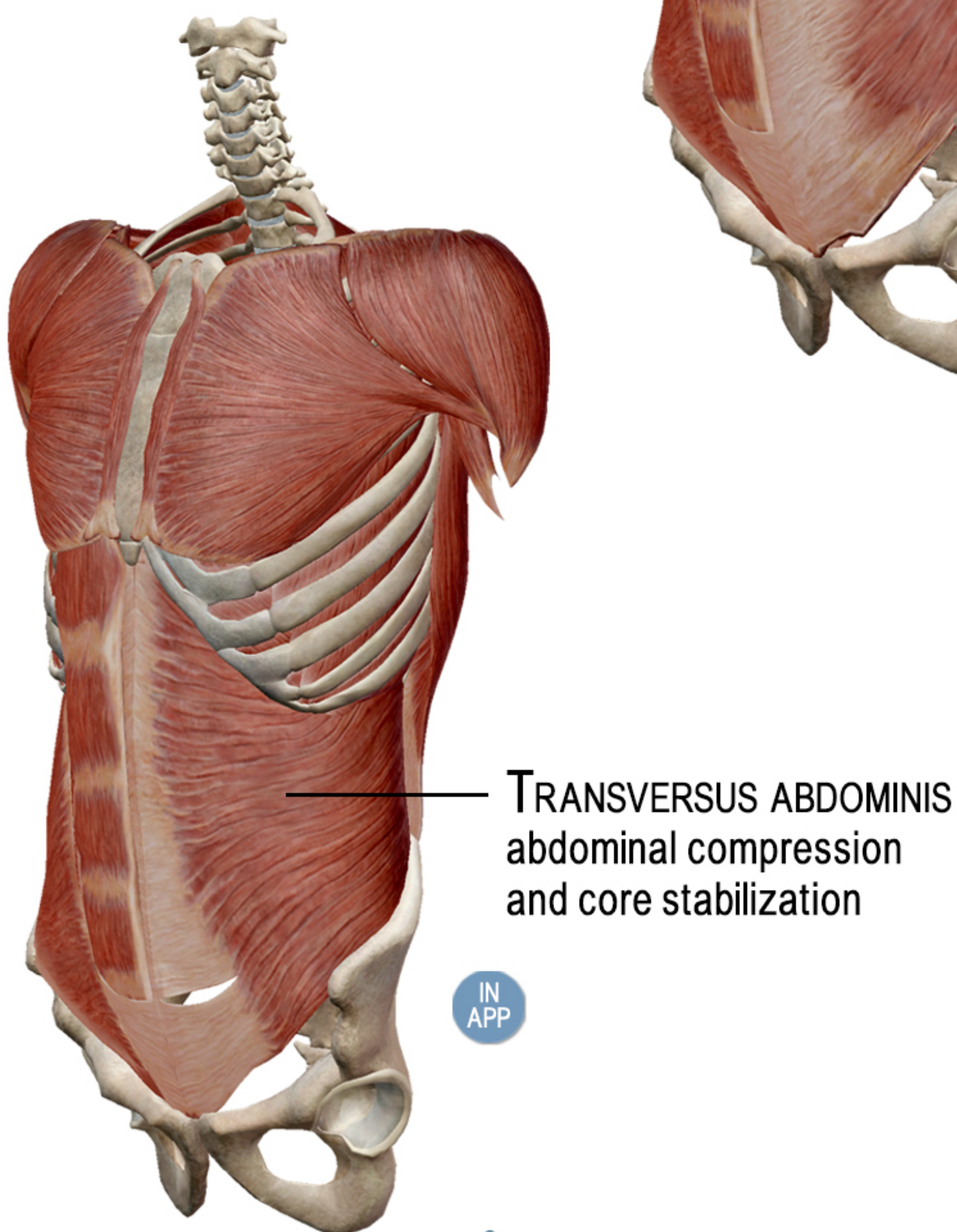
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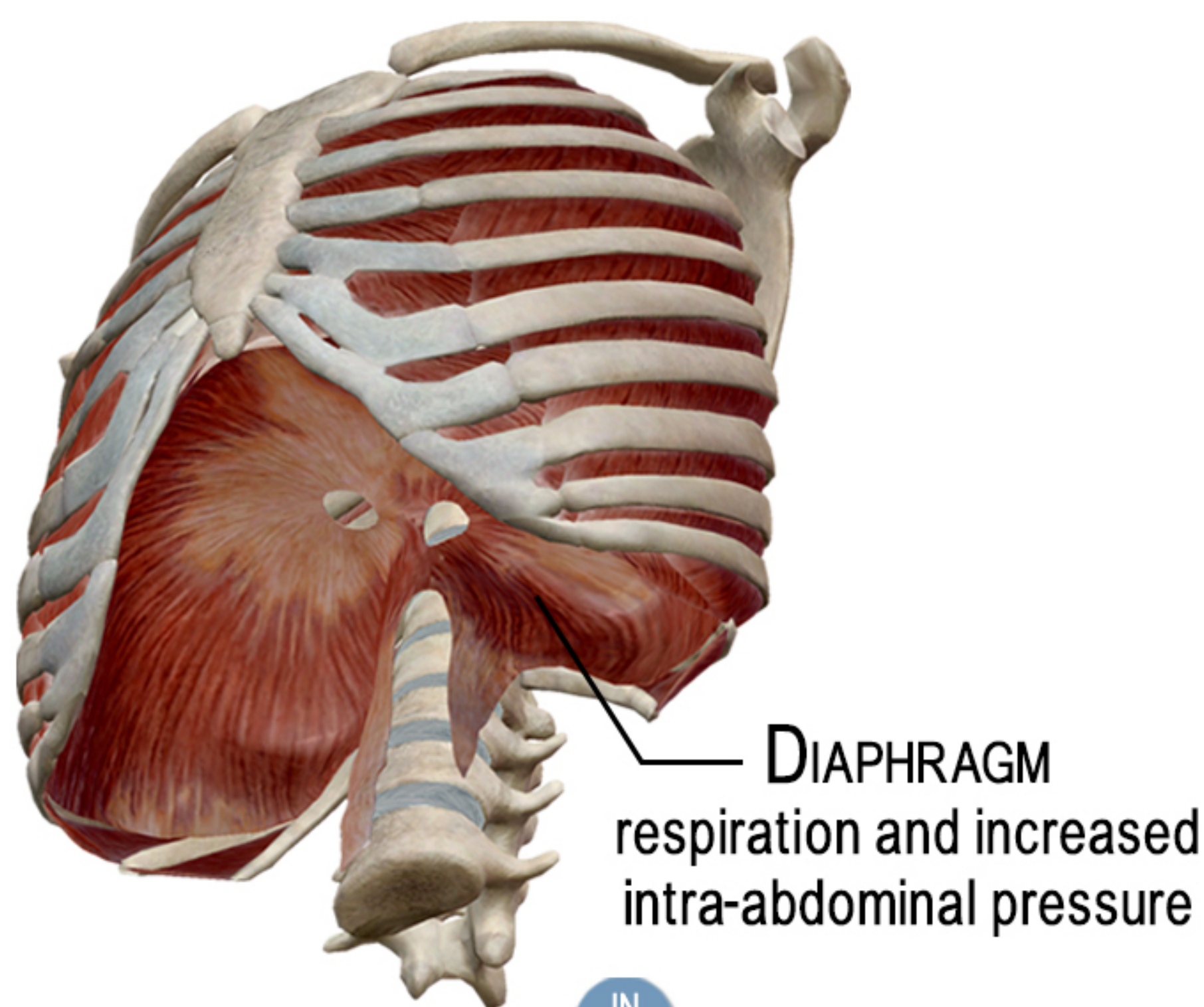
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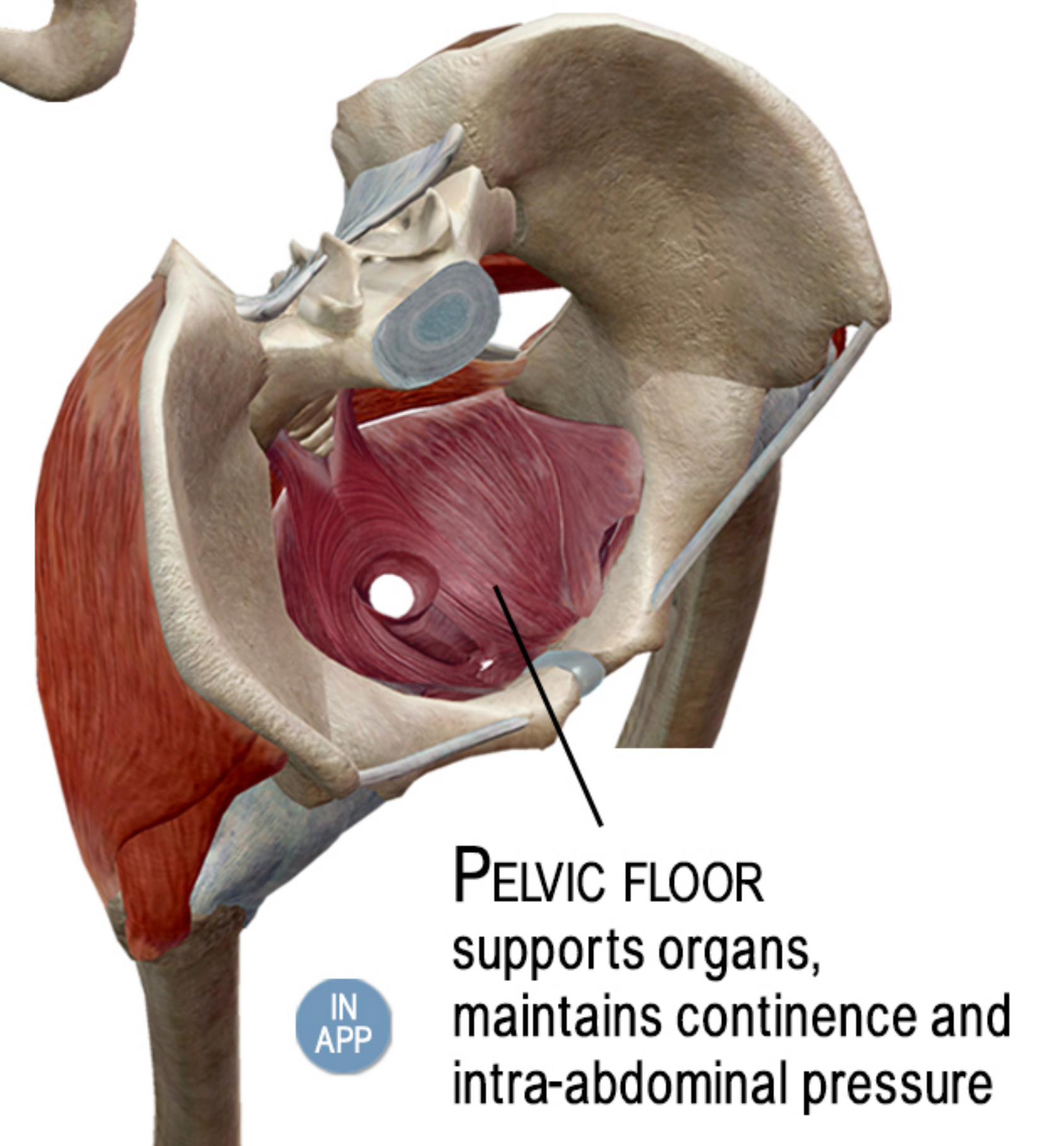
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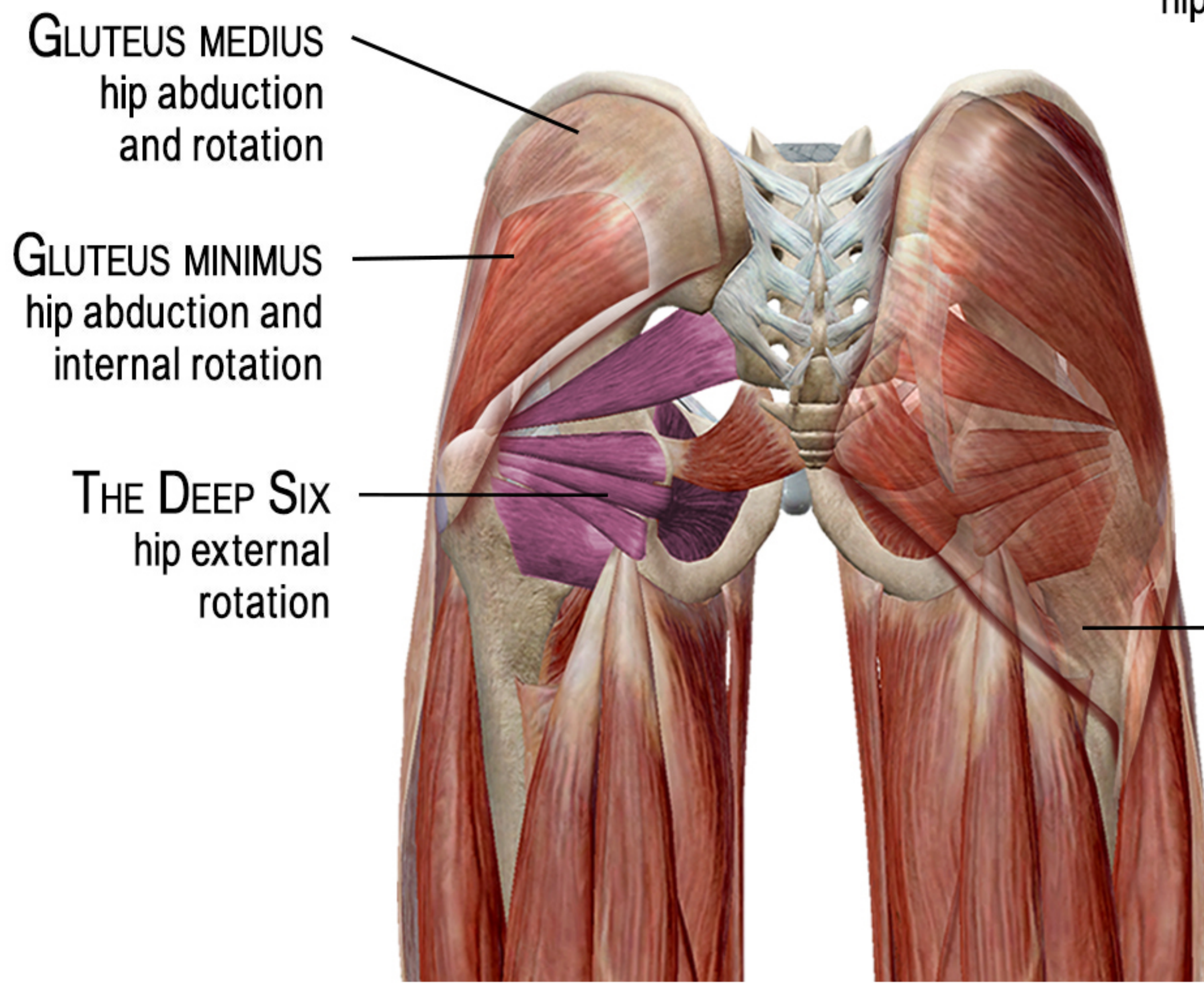


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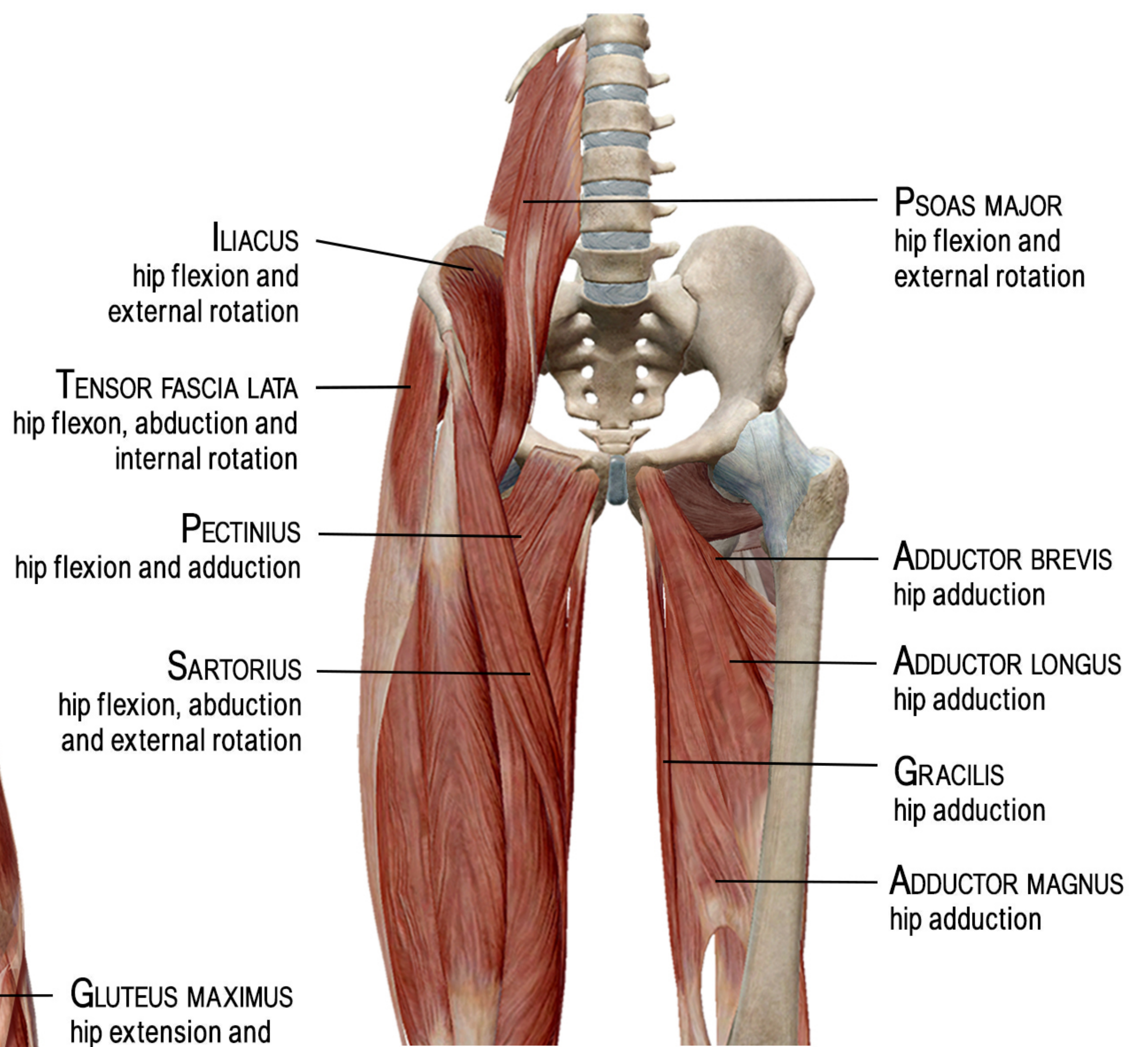


IN APP

# MUSCLES of the HIP



Posterior view



Anterior view

## QUADRICEPS FEMORIS

- RECTUS FEMORIS  
hip flexion and knee extension
- VASTUS MEDIALIS  
knee extension
- VASTUS LATERALIS  
knee extension
- VASTUS INTERMEDIUS (HIDDEN)  
knee extension

Anterior view

## HAMSTRINGS

hip extension and knee flexion

- BICEPS FEMORIS
- SEMITENDINOSUS
- SEMIMEMBRANOSUS

Posterior view



# MUSCLES of the KNEE

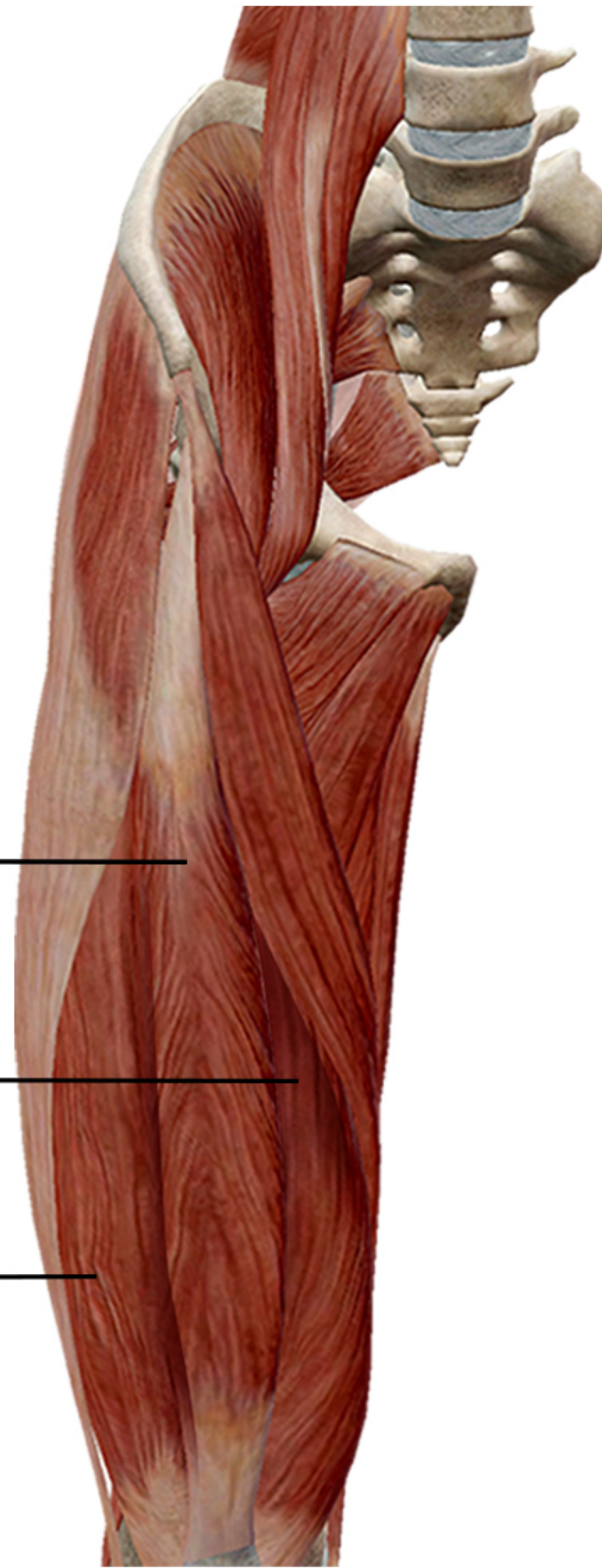
## QUADRICEPS FEMORIS

**RECTUS FEMORIS**  
hip flexion and  
knee extension

**VASTUS MEDIALIS**  
knee extension

**VASTUS LATERALIS**  
knee extension

**VASTUS INTERMEDIUS (HIDDEN)**  
knee extension



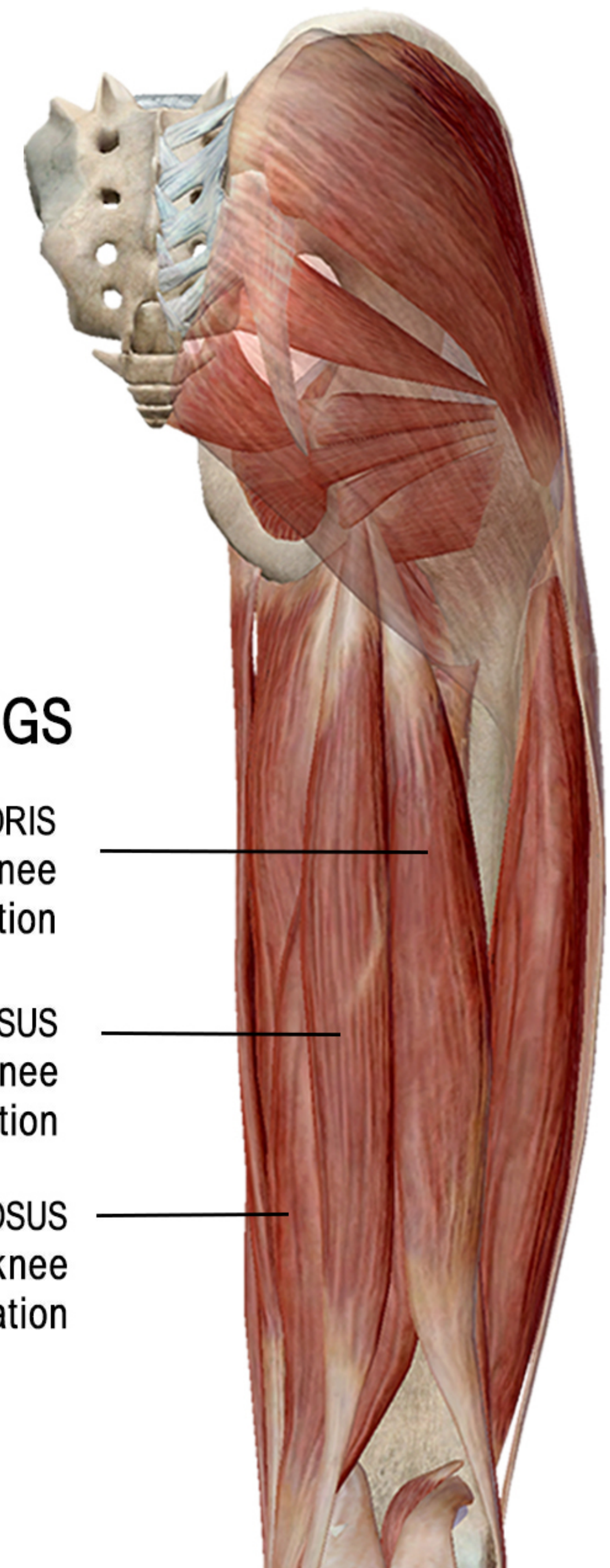
Anterior view IN APP

## HAMSTRINGS

**BICEPS FEMORIS**  
hip extension and knee  
flexion and lateral rotation

**SEMITENDINOSUS**  
hip extension and knee  
flexion and medial rotation

**SEMIMEMBRANOSUS**  
hip extension and knee  
flexion and medial rotation



Posterior view IN APP

**MEDIAL  
MENISCUS**

**ACL**

**PCL**

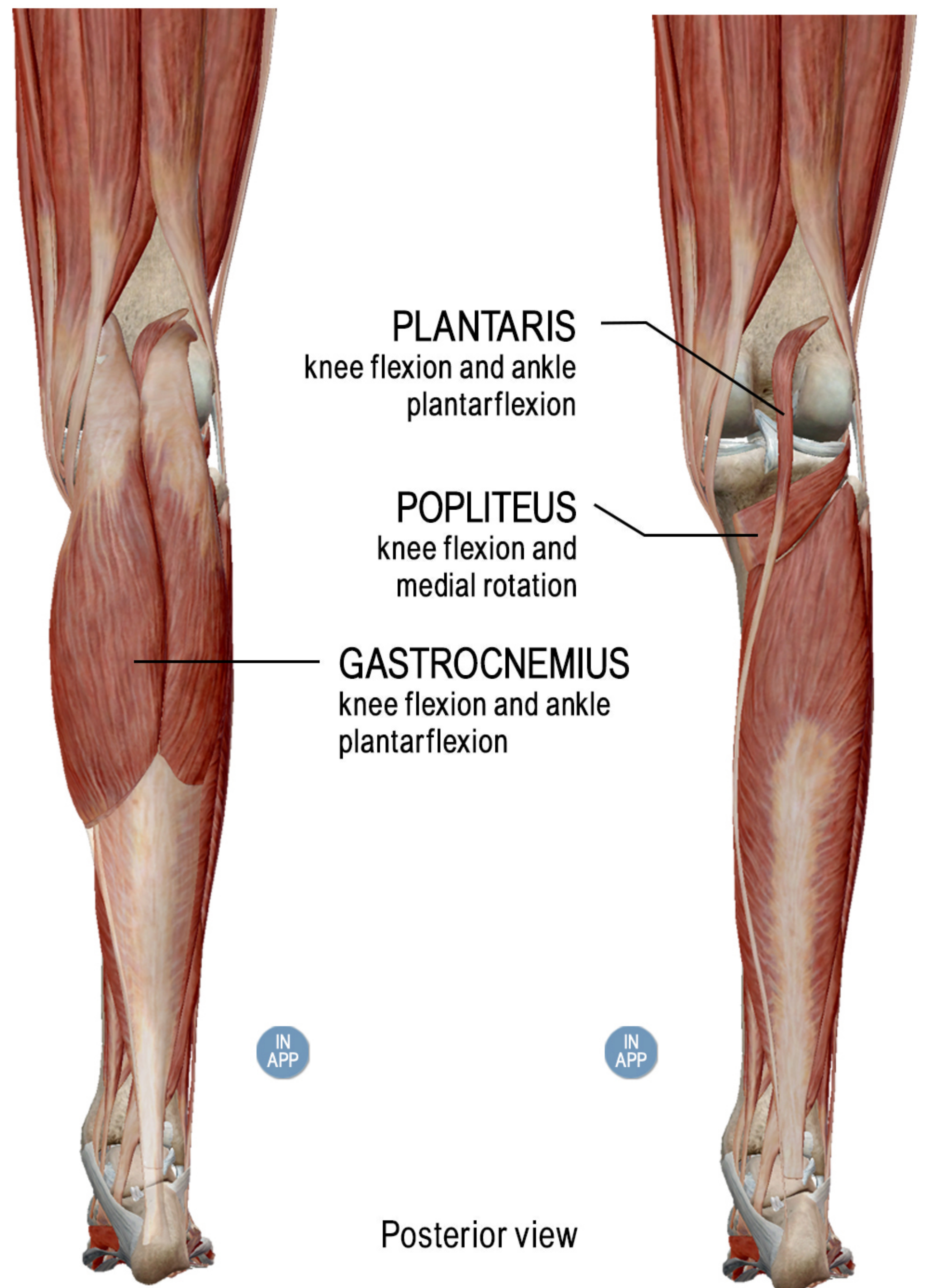
**LATERAL  
MENISCUS**

Superior view IN APP

**PLANTARIS**  
knee flexion and ankle  
plantarflexion

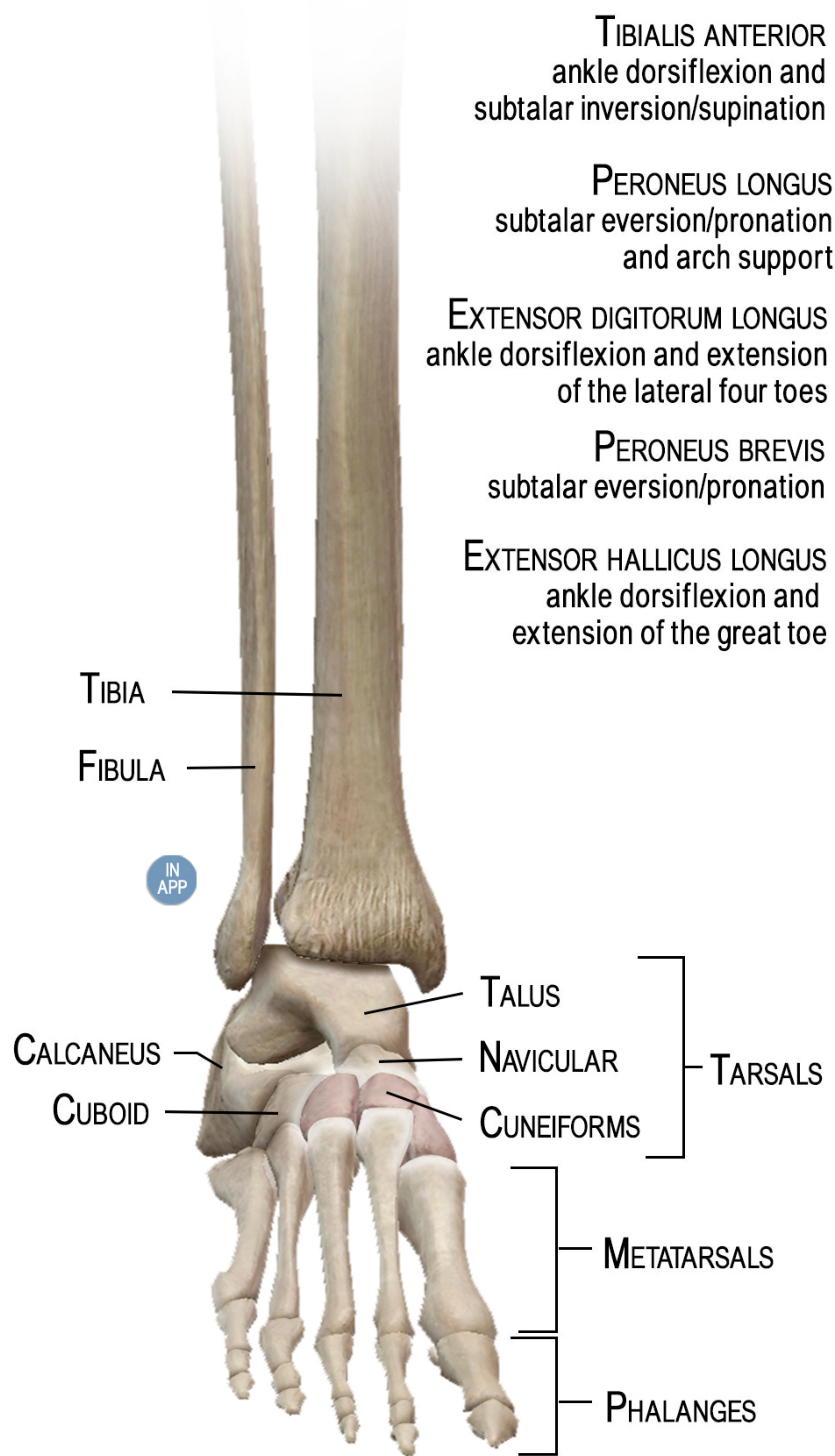
**POPLITEUS**  
knee flexion and  
medial rotation

**GASTROCNEMIUS**  
knee flexion and ankle  
plantarflexion

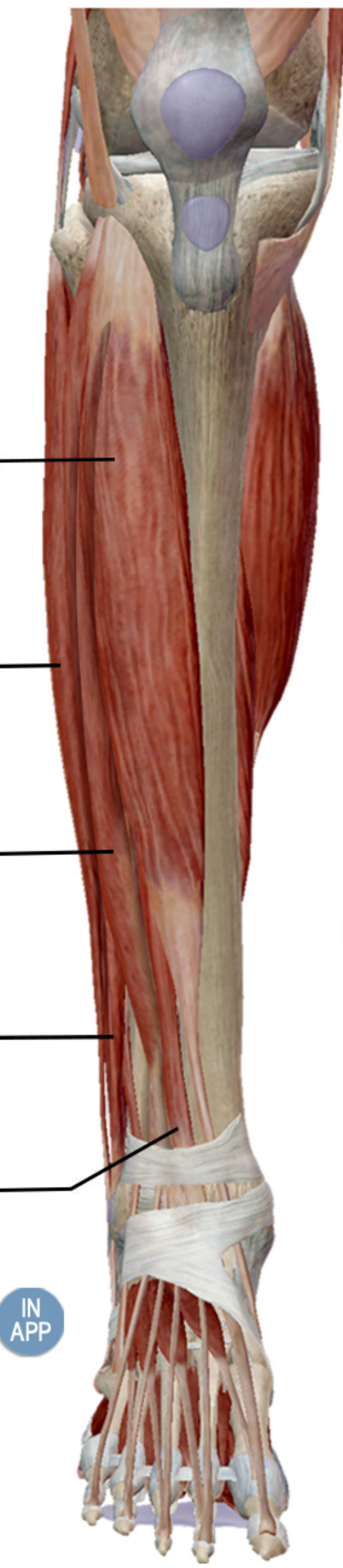


Posterior view IN APP

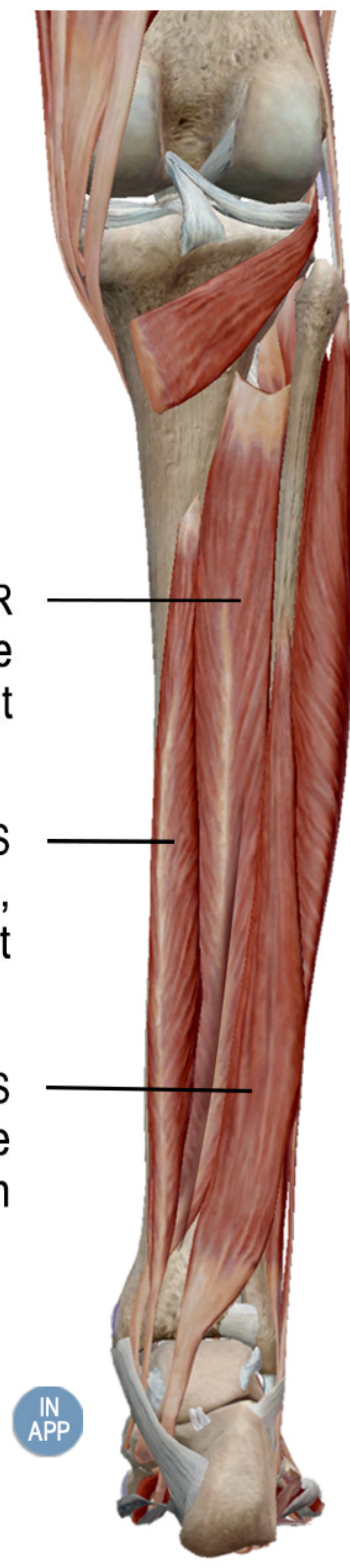
# MUSCLES of the FOOT and ANKLE



- TIBIALIS ANTERIOR**  
ankle dorsiflexion and subtalar inversion/supination
- PERONEUS LONGUS**  
subtalar eversion/pronation and arch support
- EXTENSOR DIGITORUM LONGUS**  
ankle dorsiflexion and extension of the lateral four toes
- PERONEUS BREVIS**  
subtalar eversion/pronation
- EXTENSOR HALLICUS LONGUS**  
ankle dorsiflexion and extension of the great toe



- TIBIALIS POSTERIOR**  
subtalar inversion, ankle plantarflexion, arch support
- FLEXOR DIGITORUM LONGUS**  
flexion of the lateral four toes, ankle plantarflexion, arch support
- FLEXOR HALLICUS LONGUS**  
flexion of the great toe and ankle plantarflexion



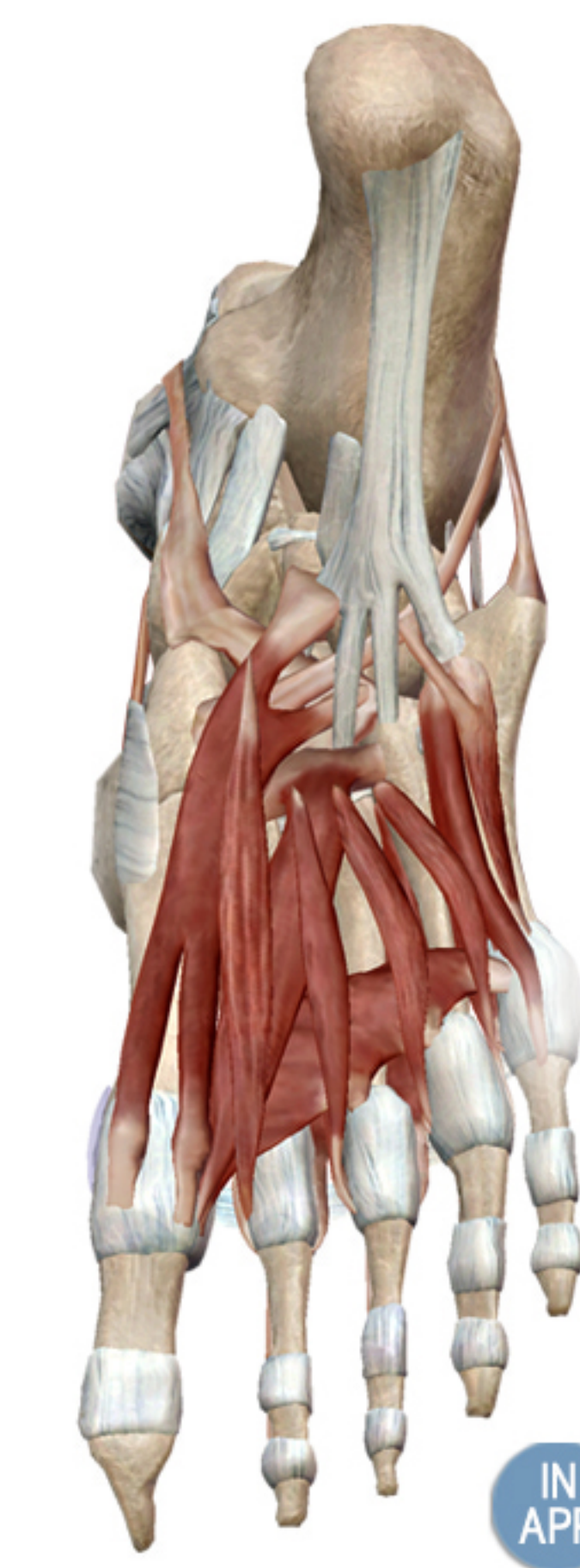
- GASTROCNEMIUS**  
ankle plantarflexion and knee flexion
- SOLEUS**  
ankle plantarflexion
- ACHILLES TENDON**



LAYER ONE



LAYER TWO



LAYER THREE



LAYER FOUR

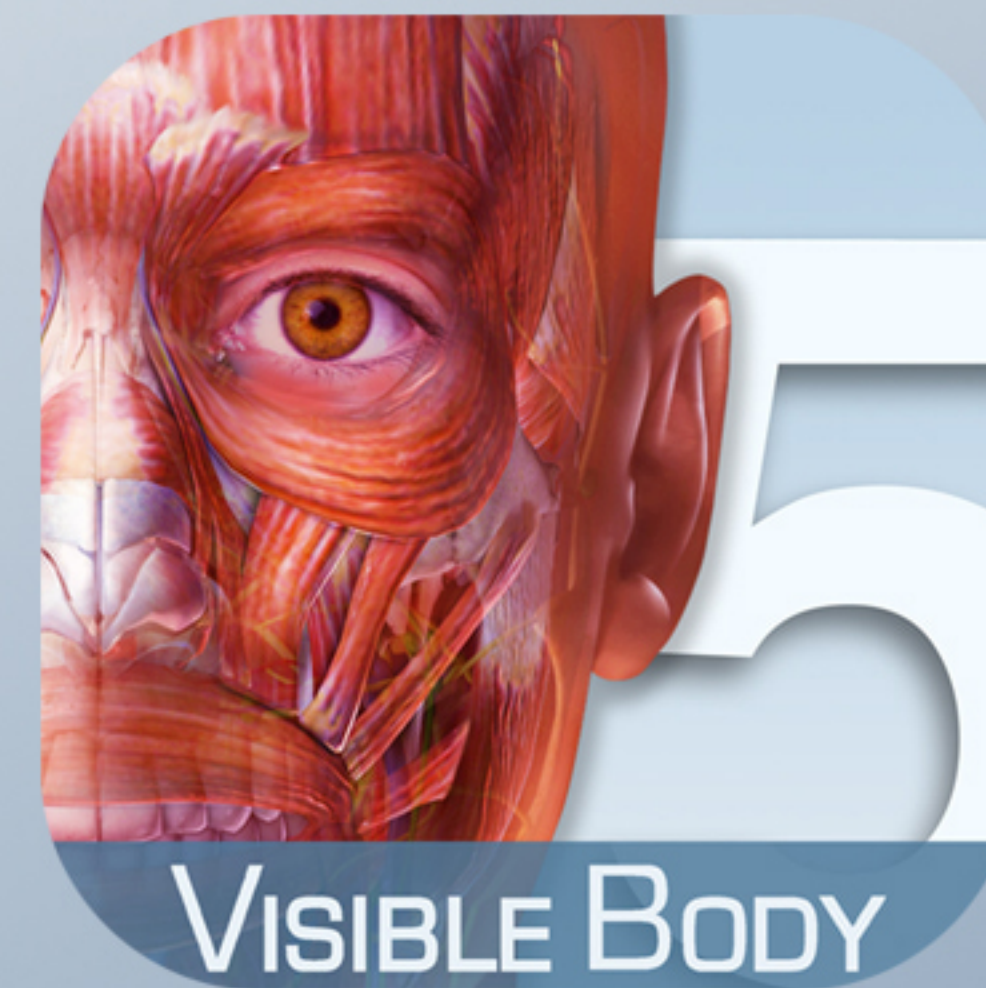




# WHO USES MUSCLE PREMIUM?

ORTHOPEDIC SPECIALISTS, KINESIOLOGISTS,  
PRACTITIONERS OF SPORTS MEDICINE, PHYSICAL  
THERAPISTS, MASSAGE THERAPISTS, STUDENTS, AND

*yogis*



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