

# NTK-Ventral Muscle List

## \*Superficial Ventral Muscles

1. External Oblique
2. External intercostals
3. Pectoantebrachialis
4. Pectoralis major
5. Pectoralis minor
6. Rectus abdominus
7. Xiphihumeralis
8. Linea Alba

## \*Deep Ventral Muscles

9. Internal Oblique
10. Scalenus dorsalis
11. Scalenus medius
12. Scalenus ventralis
13. Serratus ventralis
14. Levator scapulae
15. Transversus abdominus
16. Transversus costarum
17. Subscapularis

**Challenge:** Coracobrachialis

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