

人体肌肉图

【前面】

- 1—掌长肌;
- 2—指浅屈肌;
- 3—尺侧腕屈肌;
- 4—肱三头肌;
- 5—喙肱肌;
- 6—大圆肌;
- 7—背阔肌;
- 8—前锯肌;
- 9—腹外斜肌;
- 10—腹直肌;
- 11—髂腰肌;
- 12—股直肌;
- 13—缝匠肌;
- 14—股内肌;
- 15—胫骨前肌;
- 16—跟腱;
- 17—腓肠肌;
- 18—股薄肌;
- 19—十字韧带;
- 20—胫骨前肌;
- 21—腓骨诸肌;
- 22—桡侧腕屈肌;
- 23—肱桡肌;
- 24—肱二头肌腱板;
- 25—肱二头肌;
- 26—三角肌;
- 27—胸大肌;
- 28—胸骨舌骨肌;
- 29—胸锁乳突肌。



人体肌肉图

【后面】

- 1—胸锁乳突肌;
- 2—斜方肌;
- 3—三角肌;
- 4—肱三头肌;
- 5—肱二头肌;
- 6—肱桡肌;
- 7—桡侧腕长伸肌;
- 8—指总伸肌;
- 9—臂大肌;
- 10—股二头肌;
- 11—腓肠肌;
- 12—比目鱼肌;
- 13—腓骨长肌;
- 14—趾长伸肌;
- 15—腓骨长肌;
- 16—股阔筋膜之一部份 (髂胫束);
- 17—阔筋膜张肌;
- 18—腹外斜肌;
- 19—背阔肌;
- 20—大菱形肌;
- 21—大圆肌;
- 22—冈下肌;
- 23—肱三头肌;
- 24—肱前肌;
- 25—肱二头肌。



12路弹腿

第一路冲锤

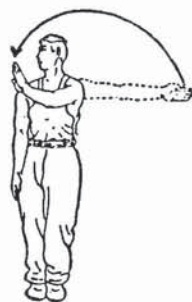


图 173

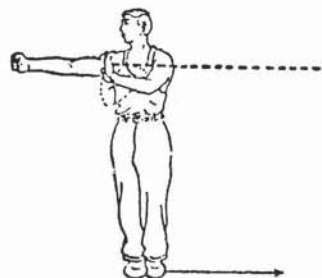


图 174



图 175

66



图 176



图 177



图 178

67



图 179

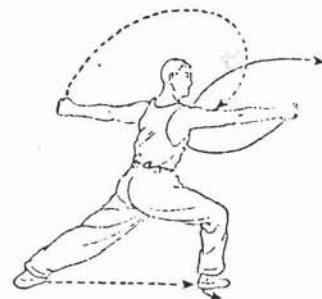


图 180

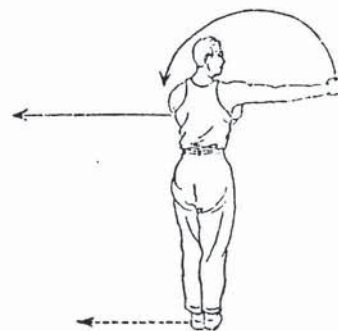


图 181

68

第二路 十字腿

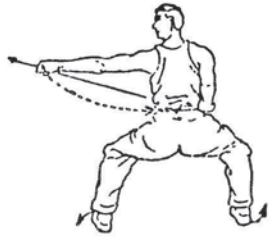


图 182

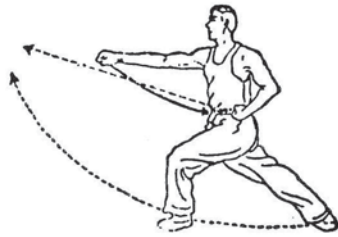


图 183

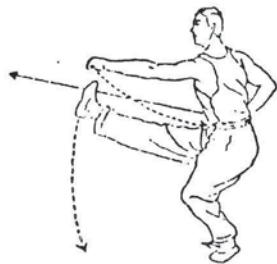


图 184



图 185

第三路 劈砸

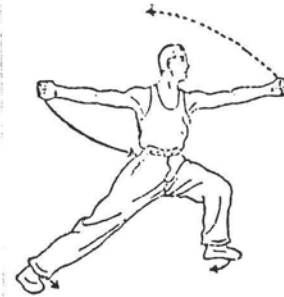


图 186



图 189

腰 拳



图 187



图 190

冲天炮



图 188

第四路 操 叔



图 195



图 196

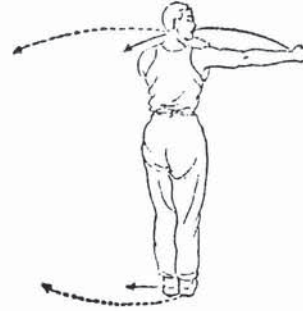


图 191

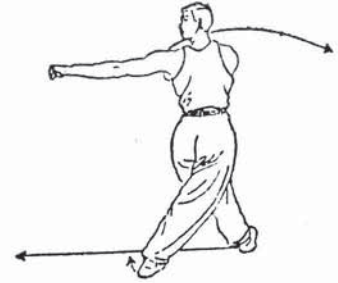


图 192

73

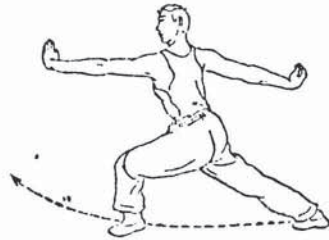


图 197

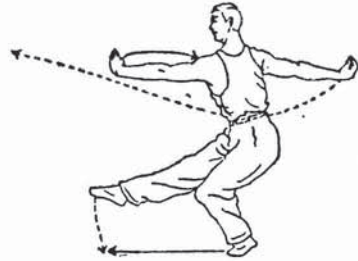


图 198

75

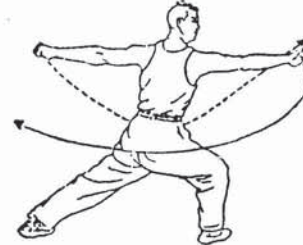


图 193



图 194

第五路 架打



图 199

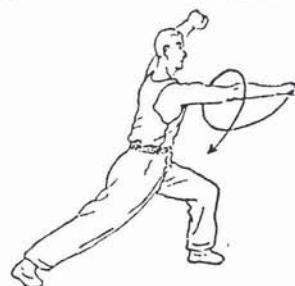


图 200

76

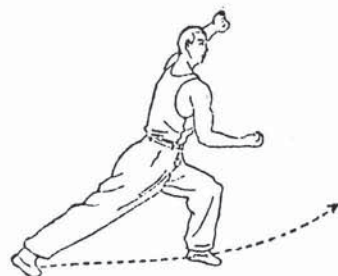


图 201



图 202

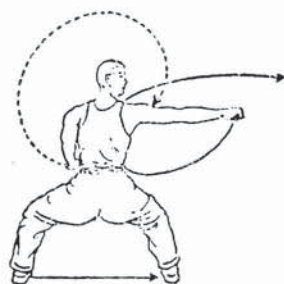


图 203

8-5

第六路 双展



图 204

77

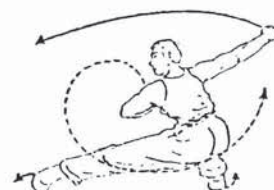


图 205



图 206

78

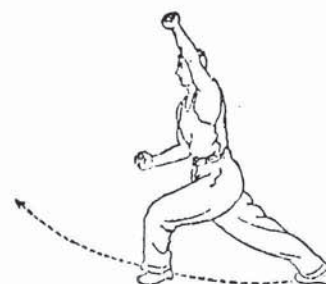


图 207

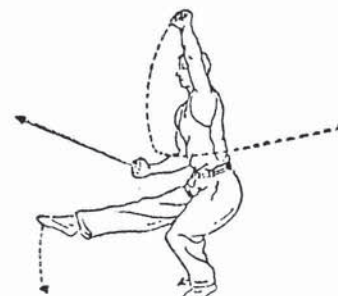


图 208

dan zhou
第七路 單 展

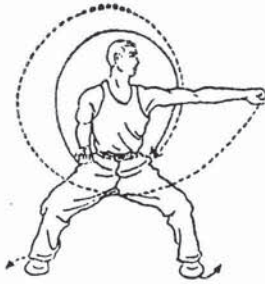


圖 209



圖 210

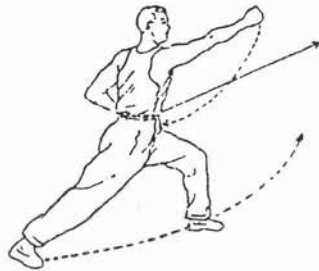


圖 211

patu

8 + 6

deng cuai
第八路 蹬 端



圖 212

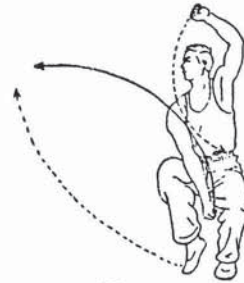


圖 215

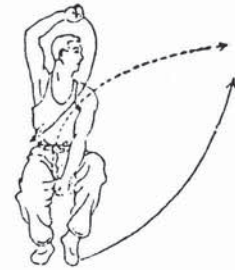


圖 213



圖 216



圖 214

peng suo

8-7

第九路 碰鎖

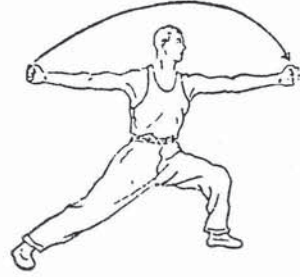


图 217

82



图 218



图 219

83

jian tan

第十路 箭彈

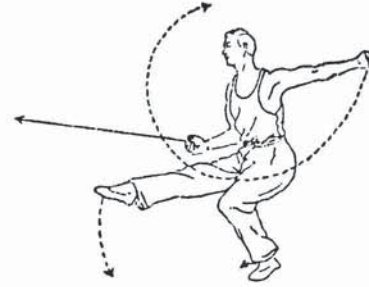


图 220

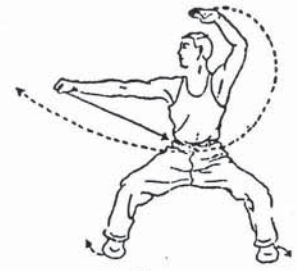


图 221

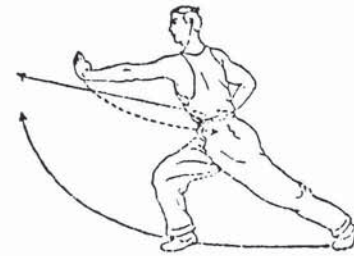


图 222

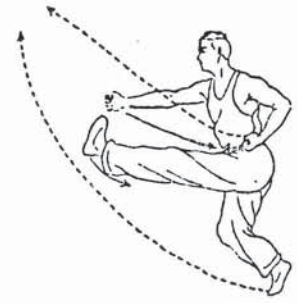


图 223

86

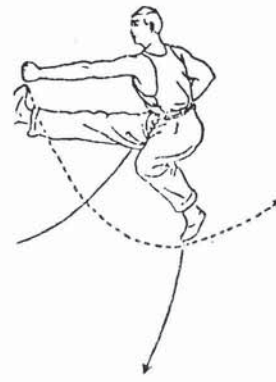


图 224

X

第十一路 鈞 挂

you gua

8-8

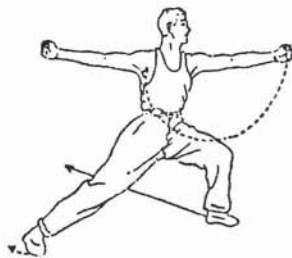


圖 225



圖 226

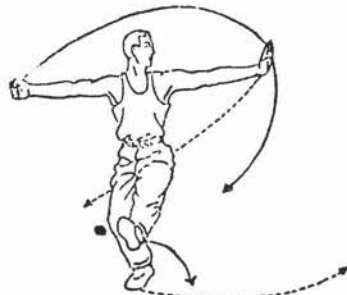


圖 227

87



圖 228

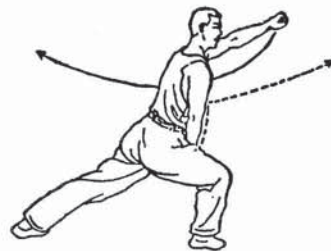


圖 229

第十二路 披身拳

pishen cui

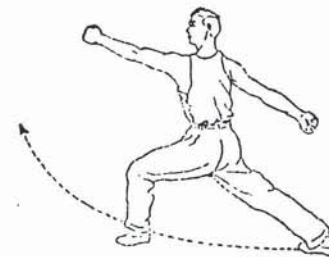


圖 230



圖 231



圖 232

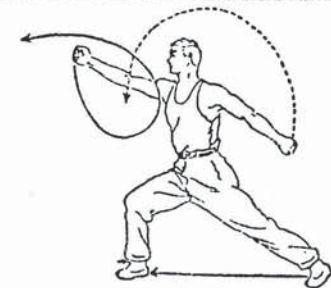


圖 233

89