

Table
Volume of selected upper- and lower-body muscles

Muscle	Average volume, cm³
Latissimus dorsi ^a	262.3 ± 147.2
Pectoralis major ^a	290.0 ± 169.0
Deltoid ^a	380.5 ± 157.5
Triceps brachii ^a	372.1 ± 177.3
Biceps brachii ^a	143.7 ± 68.7
Brachialis ^a	143.7 ± 63.7
Brachioradialis ^a	65.1 ± 36
Quadriceps femoris ^b	1,417.4 ± 440.8
Biceps femoris ^b	269.8 ± 87.1
Gluteus maximus ^b	764.1 ± 138.0
Iliopsoas ^b	353.0 ± 102.2
Sartorius ^b	126.7 ± 22.4

Shoulder Volume 2

Peipei Pang



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