

- 1-Anti rape Muscle / Muscle virgineous : Gracilis
- 2-Cheating Muscle : Superior oblique
- 3-Safety muscle of tongue : Genioglossus
- 4-Tailors muscle : Sartorius
- 5-Thermostat of testis : Cremaster
- 6-Boxer's muscle – serratus anterior
- 7-Muscle of marriage – medial rectus
- 8-Muscle of divorce – lateral rectus
- 9-Muscle of honeymoon – sartorius
- 10-Swimming muscle – pronator quadratus
- 11-Climbing muscle- latissimus dorsi
- 12-Red muscle – postural muscle
- 13-White muscle- extra ocular muscle
- 14-Spurt muscle – brachialis
- 15-Shunt muscle -brachioradialis
- 16-Copying Muscle- Superior oblique-
- 17-Quadrilateral – thyrohyoid.
- 18-Straplike – sternohyoid & Sartorius.
- 19-Straplike with tendinous intersections – rectus abdominis.
- 20-Fusiform – biceps, digastrics etc.
- 21-Triangular – adductor longus, temporalis.
- 22-Shawl muscle – Trapezius.
- 23-Guthrie's muscle – Sphincter urethrae.
- 24-Laughing/Smiling muscle – Zygomaticus major.
- 25-Unipennate (fibres arranged to insert in a diagonal direction onto the tendon allowing great strength ) – Flexor pollicis longus, extensor digitorum longus, peroneus tertius.
- 26-Multipennate (multiple rows of diagonal fibres, with a central tendon which branches into two or more tendons) – Subscapularis, deltoid.

- 27-Circumpennate – Tibialis anterior.
- 28-Spiral or Twisted fasciculi – Trapezius, Pectoralis major, Latissimus dorsi, Supinator.
- 29-Cruciate muscles – Sternocleidomastoid, Adductor magnus, Masseter.
- 30-Subcutaneous muscles – Platysma, Palmaris brevis.
- 31-Longest muscle – Sartorius (tailor muscle).
- 32-Smallest muscle – Stapedius.
- 33-Locking muscles – Popliteus.
- 34-Casser's perforated muscle – Coracobrachialis.
- 35-Coiter's muscle – Corrugator supercilli.
- 36-Cowl muscle – Trapezius.
- 37-Rider's muscle – Adductor muscle of thigh.
- 38-Valsalva's muscle – Muscle of Tragus.
- 39-Sommering's muscle – Levator glandulae thyroideae.
- 40-Thelle's muscle – Superficial transverse perineal muscle.
- 41-Toynbee's muscle – Tensor tympani.
- 42-Wilson's muscle -Sphincter urethrae.
- 43-Wrinkler muscles of eyebrow – Corrugator supercilli (Coiter's muscle).
- 44-Sibson's muscle – Scaleneus minimus.
- 45-Gavard's muscle – Oblique fibres in the muscular coat of stomach.
- 46-Oehl's muscle – Strands of muscle fibres in the chordae tendinae of the left A-V valve.
- 47-Rotator Cuff muscles(SITS)
- Supraspinatus-Greater tuberosity of humerus
- Infraspinatus-Greater tuberosity of humerus
- teres Minor-Greater tuberosity of humerus
- Subscapularis-Lesser tuberosity of humerus