

Muscles of the legs



The leg in detail

These diagrams show a simplified version of the muscles for manga artists, and knowing them will help you understand where to shade and how to draw the leg at different angles.

Taking the time to redraw and relabel these muscles will help familiarise you with the shapes.

- 1 Popliteal space
- 2 Gluteus maximus
- 3 Vastus internus
- 4 Vastus externus
- 5 Band of Richter
- 6 Rectus femoris
- 7 Kneecap (patella)
- 8 Tibia (Subcutaneous surface)
- 9 Tibialis anticus
- 10 Soleus
- 11 Peroneus longus
- 12 Long extensor of the toes
- 13 Peroneus brevis
- 14 Tensor fasciae latae

- 15 Sartorius
- 16 Adductor longus
- 17 Gracilis
- 18 Vastus externus
- 19 Iliotibial band
- 20 Soleus
- 21 Gastrocnemius
- 22 Long extensor of the great toe
- 23 External malleolus
- 24 Gluteus medius
- 25 Tibialis posterior
- 26 Achilles tendon
- 27 Biceps cruris
- 28 Semitendinosus

- 29 Adductor magnus
- 30 Semimembranosus
- 31 Long flexor of the toes