|  | | **\*Fiber composition (%)** | | |  | |
| --- | --- | --- | --- | --- | --- | --- |
| **Abbreviation** | **Muscle Name** | **Type 1** | **Type 2A** | **Type 2X** | **Muscle function** | **Anatomical location** |
| BIC | Biceps Brachii | 55.6 | 25.5 | 19.0 | Elbow flexion | Upper arm |
| BRA | Brachialis | 65.9 | 20.1 | 13.9 | Elbow flexion | Upper arm |
| BRD | Brachioradialis | 45.5 | 32.0 | 22.5 | Elbow flexion | Upper arm |
| EF | Elbow Flexors | 54.6 | 25.9 | 19.5 | Elbow flexion | Upper arm |
| TRI | Triceps Brachii | 45.3 | 34.0 | 20.8 | Elbow extension | Upper arm |
| EE | Elbow Extensors | 49.7 | 32.9 | 17.5 | Elbow extension | Upper arm |
| QF | Quadriceps Femoris | 53.5 | 30.9 | 15.7 | Knee extension | Upper Leg |
| RF | Rectus Femoris | 49.7 | 26.9 | 23.4 | Knee extension | Upper Leg |
| VI | Vastus Intermedius | 63.0 | 25.3 | 11.7 | Knee extension | Upper Leg |
| VM | Vastus Medialis | 52.8 | 33.7 | 13.5 | Knee extension | Upper Leg |
| VL | Vastus Lateralis | 48.3 | 37.5 | 14.2 | Knee extension | Upper Leg |
| GRA | Gracilis | 65.5 | 19.0 | 15.6 | Hip adduction | Lower leg |
| PF | Plantar Flexors | 63.4 | 18.0 | 18.5 | Ankle plantarflexion | Lower leg |
| Sol | Soleus | 68.1 | 20.1 | 11.8 | Ankle plantarflexion | Lower leg |
| GL | Gastrocnemius Lateralis | 65.4 | 15.0 | 19.6 | Ankle plantarflexion | Lower leg |
| GM | Gastrocnemius Medialis | 57.9 | 16.9 | 25.1 | Ankle plantarflexion | Lower leg |
| TS | Triceps Surae | 63.8 | 17.3 | 18.8 | Ankle plantarflexion | Lower leg |
| DF | Dorsiflexor | 72.4 | 21.0 | 6.5 | Ankle dorsiflexion | Lower leg |
| TA | Tibialis Anterior | 79.4 | 15.4 | 5.1 | Ankle dorsiflexion | Lower leg |