

### Common Names for Beef Muscles

Muscle	Common Name
Adductor	Top (inside) round
Biceps femoris	Bottom (outside) round
Cutaneous-omo brachialis	Shoulder Rose
Deep pectoral	Brisket
Deltoideus	Outside chuck (chuck)
Gastrocnemius	Round heel
Gluteus medius	Top sirloin
Gracilis	Inside round cap
Infraspinatus	Top blade; Flat Iron; Triangle
Longissimus dorsi	Ribeye; Loin eye
Longissimus dorsi (chuck)	Chuck Eye
Longissimus lumborum	Loin Eye
Longissimus thoracis	Ribeye
Multifidus Dorsi	Sub-eye
Obliquus internus abdominus	Sirloin butt flap
Psoas major	Tenderloin
Quadriceps femoris	Knuckle; Sirloin tip
Rectus abdominus	Flank
Rectus femoris	Knuckle center
Rhomboideus	Hump meat
Semimembranosus	Top (inside) round
Semitendinosus	Eye of round
Serratus ventralis	Boneless short ribs; Inside chuck; Underblade
Spinalis dorsi	Rib cap
Superficial pectoral	Brisket
Supraspinatus	Mock tender; Chuck tender; Scotch tender
Tensor fascia latae	Tri-tip
Teres major	Shoulder Tender; Petite Tender
Trapezius	Outside chuck
Triceps brachii	Clod heart; Shoulder center; Shoulder top; Ranch Cut
Vastus lateralis	Knuckle side

**Source:** Ranking of Beef Muscles for Tenderness Fact Sheet. Written by Chris Calkins and Gary Sullivan, University of Nebraska. Funded by The Beef Checkoff. ©2007 Cattlemen's Beef Board and NCBA. Available at [www.beefresearch.org](http://www.beefresearch.org).