

Muscle anatomy with Sugru and a Halloween skeleton

by [j_l_larson](#) on October 10, 2010

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Author: j_larson

I like ideas of all kinds... and making them real

Intro: Muscle anatomy with Sugru and a Halloween skeleton



Image Notes

1. you look rather sporty.
2. thank you

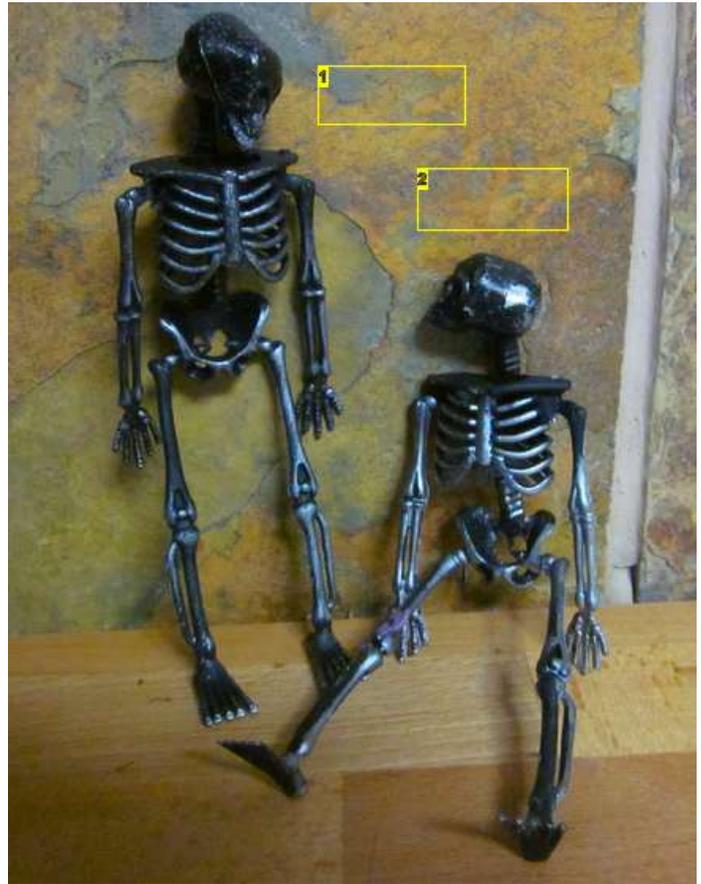


Image Notes

1. I think we may be entered in a contest...
2. how exciting!

Step 1: Materials

sugru (approx \$1.50 each) \$7.50

two orange packs

one blue pack

one green pack

one black pack

one plastic halloween skeleton from the Dollar Store

4 for \$1.00

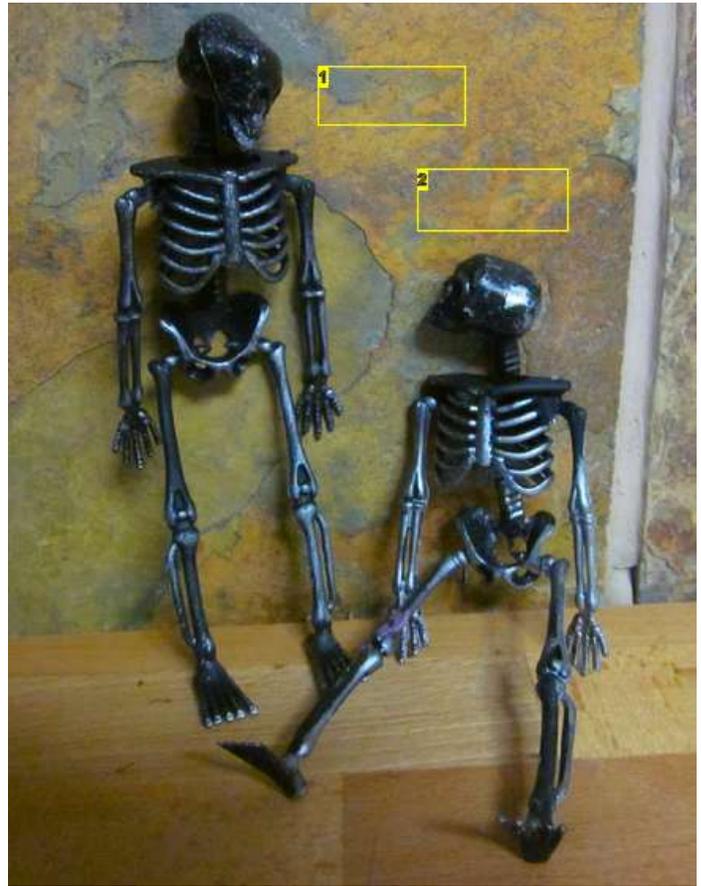


Image Notes

1. I think we may be entered in a contest...
2. how exciting!



Step 2: Sugru

Sugru cures relatively quickly. Working time may be two hours at the most. 30 minutes is the recommended amount of time, but I found it could be worked longer. So, for this reason, it may help to prepare the individual muscles in advance. The guide drawing below gives an approximation of the amount of sugru needed for each muscle. Assume the pieces are very flat - 1mm thick or so.

Sculpting with sugru straight out of the package is a bit like sculpting with chewing gum. Though as it starts to cure more, it becomes more like sculpey, which is good. It grabs onto itself very well so you have to not only work quickly, but once you lay something down, it is very difficult to pull it back up or manipulate it further without manipulating the layers underneath.

The great part about it is not having to bake the skeleton, as you would with sculpey. These skeletons cannot withstand even 150 degrees of temperature I found out early on in experimenting with sculpey

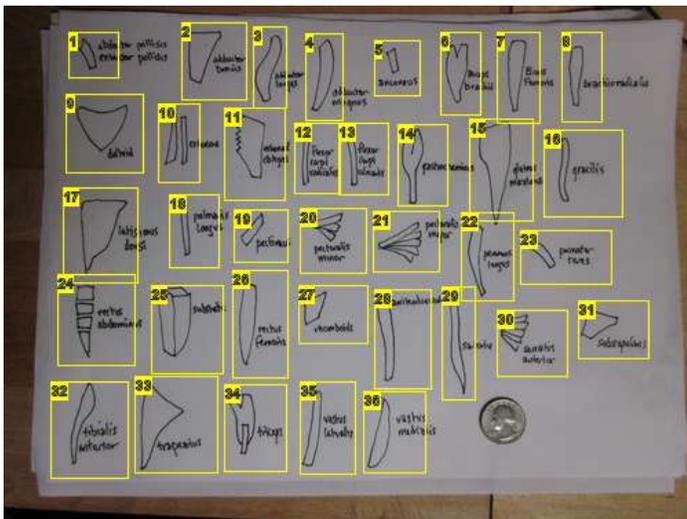


Image Notes

1. abductor pollicis extensor pollicis
2. adductor brevis
3. adductor longus
4. adductor magnus
5. anconeus
6. biceps brachii
7. biceps femoris
8. brachioradialis
9. deltoid
10. extensors
11. external obliques
12. flexor carpi radialis
13. flexor carpi ulnaris
14. gastrocnemius
15. gluteus maximus
16. gracilis
17. latissimus dorsi
18. palmaris longus
19. pectineus
20. pectoralis minor
21. pectoralis major
22. peroneus longus
23. pronator teres
24. rectus abdominus
25. substrate support for rectus abdominus
26. rectus femoris
27. rhomboids
28. semitendinosus
29. sartorius
30. serratus anterior
31. subscapularis
32. tibialis anterior
33. trapezius
34. triceps
35. vastus lateralis
36. vastus medialis

Step 3: Muscles of the upper leg

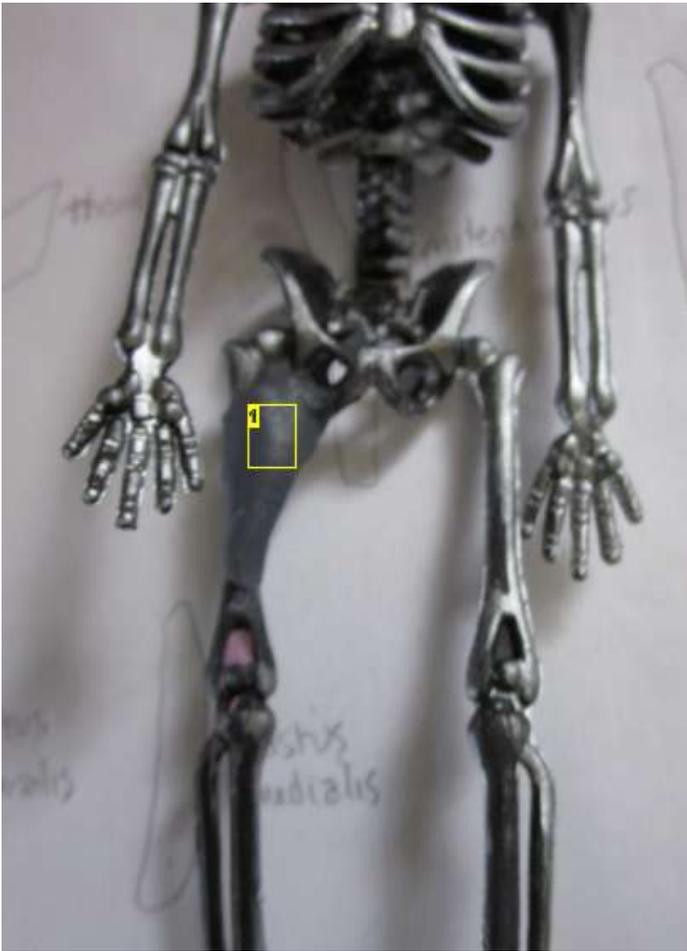


Image Notes
1. adductor brevis



Image Notes
1. adductor magnus



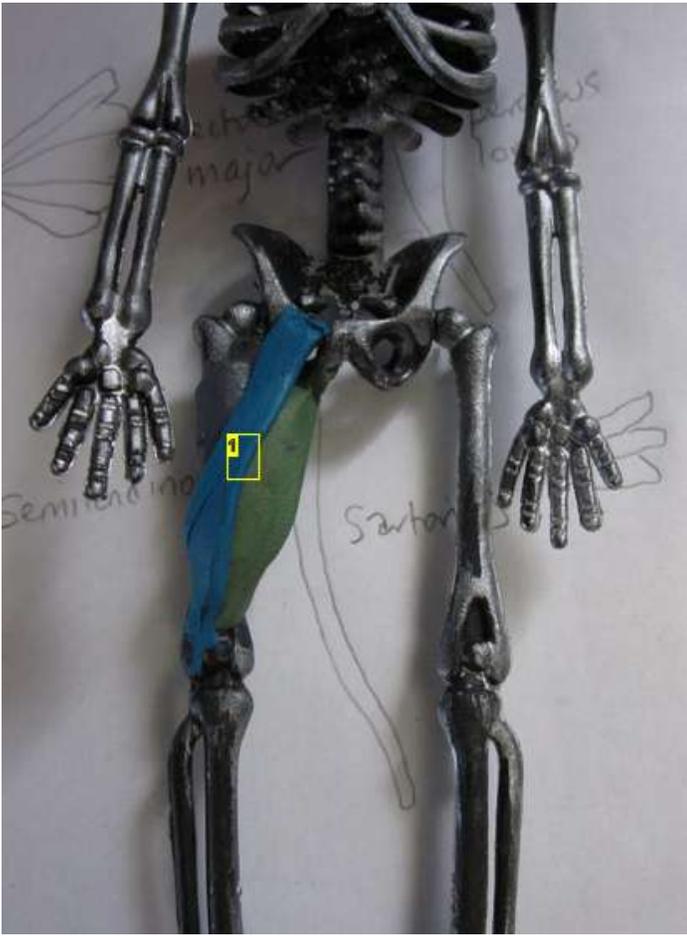


Image Notes
1. adductor longus

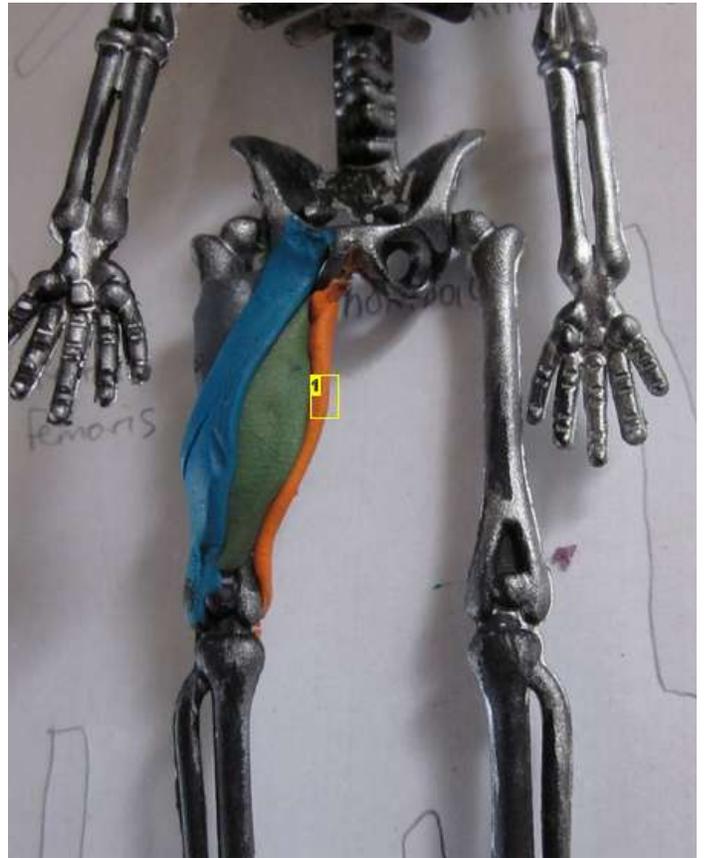


Image Notes
1. gracilis

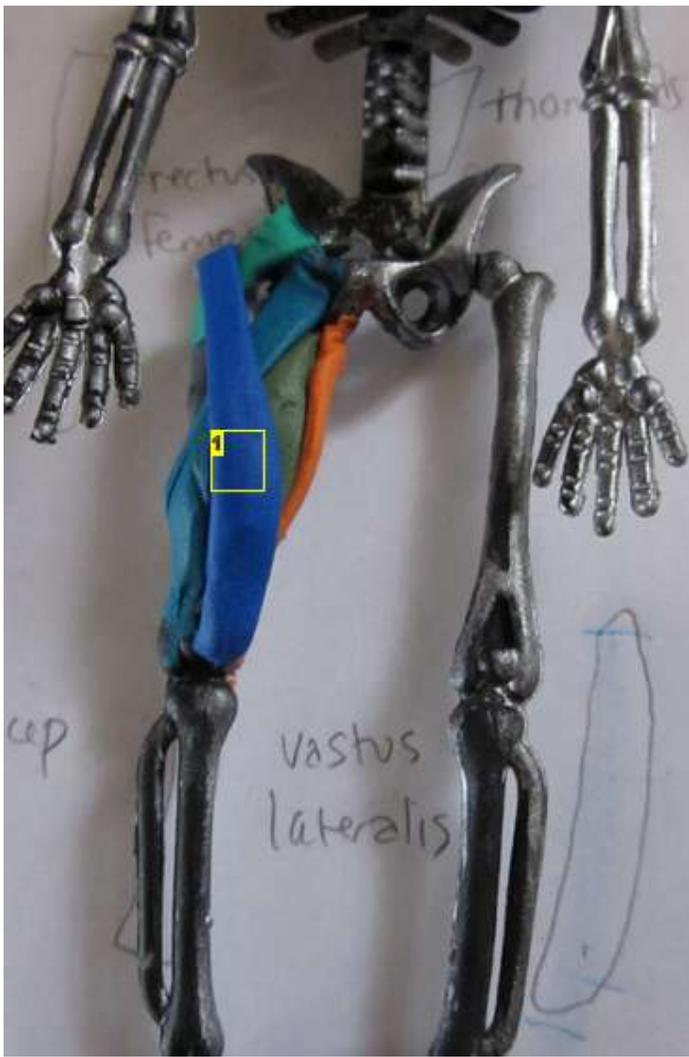


Image Notes
1. vastus medialis



Image Notes
1. vastus lateralis

Step 4: Muscles of the upper leg back view

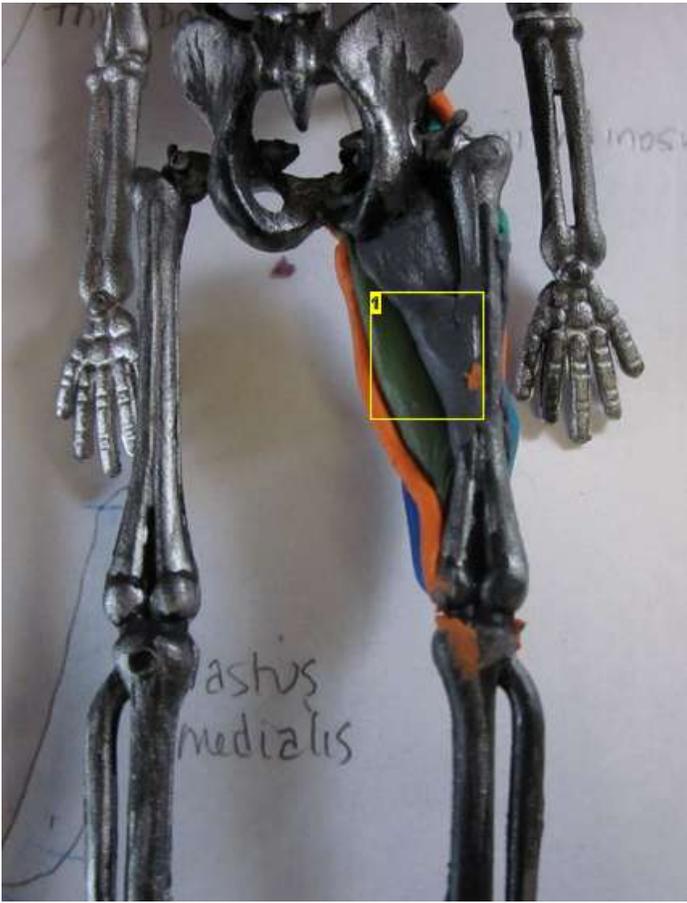


Image Notes

- 1. adductor, vastus, gracilis, back view

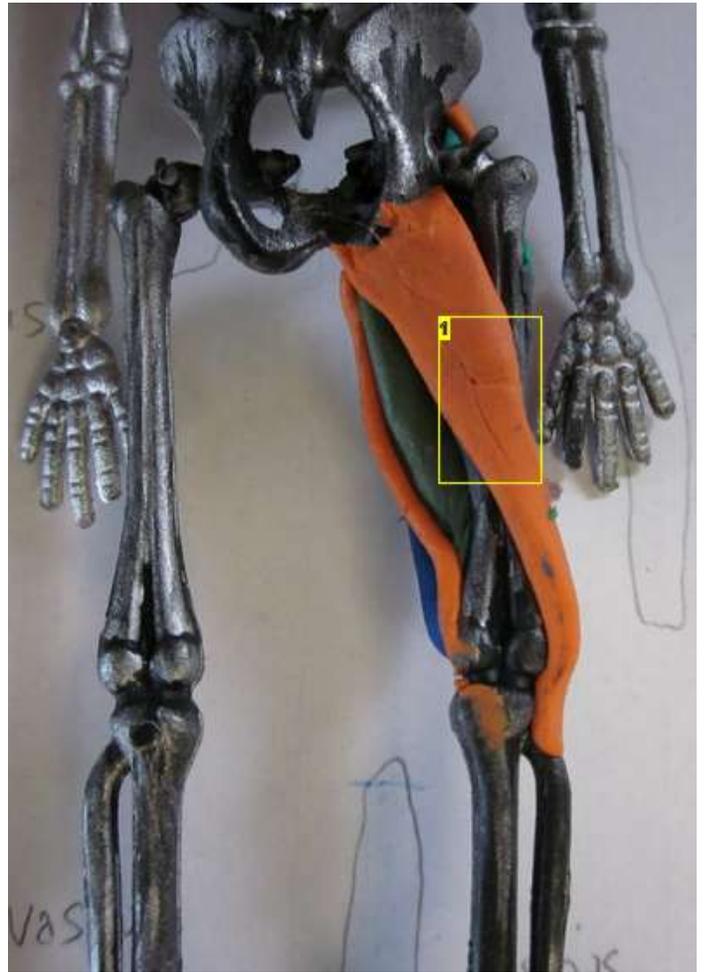


Image Notes

- 1. biceps femoris

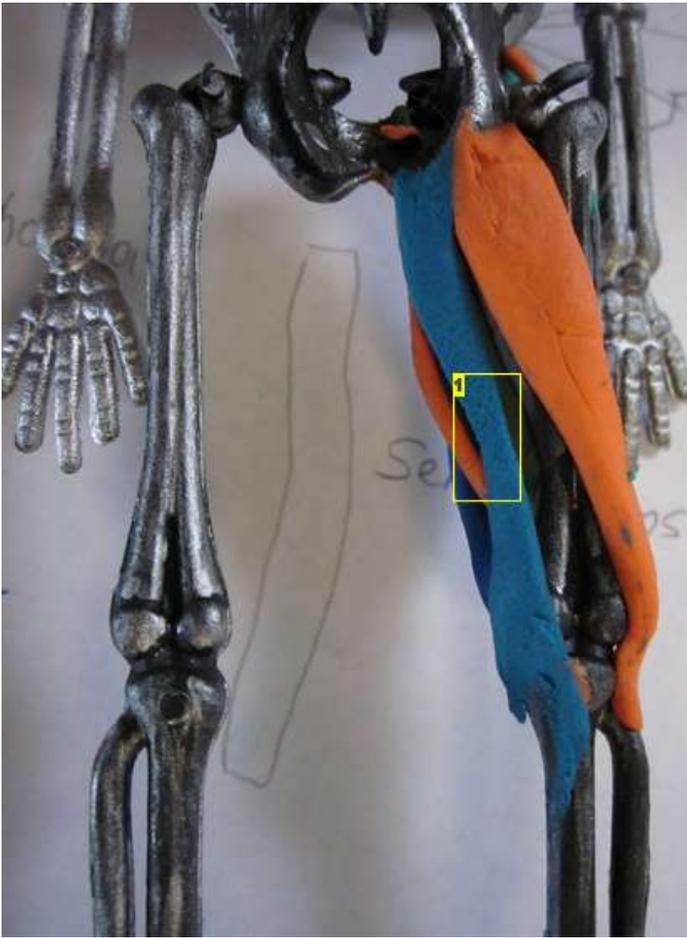


Image Notes
1. semitendinosus

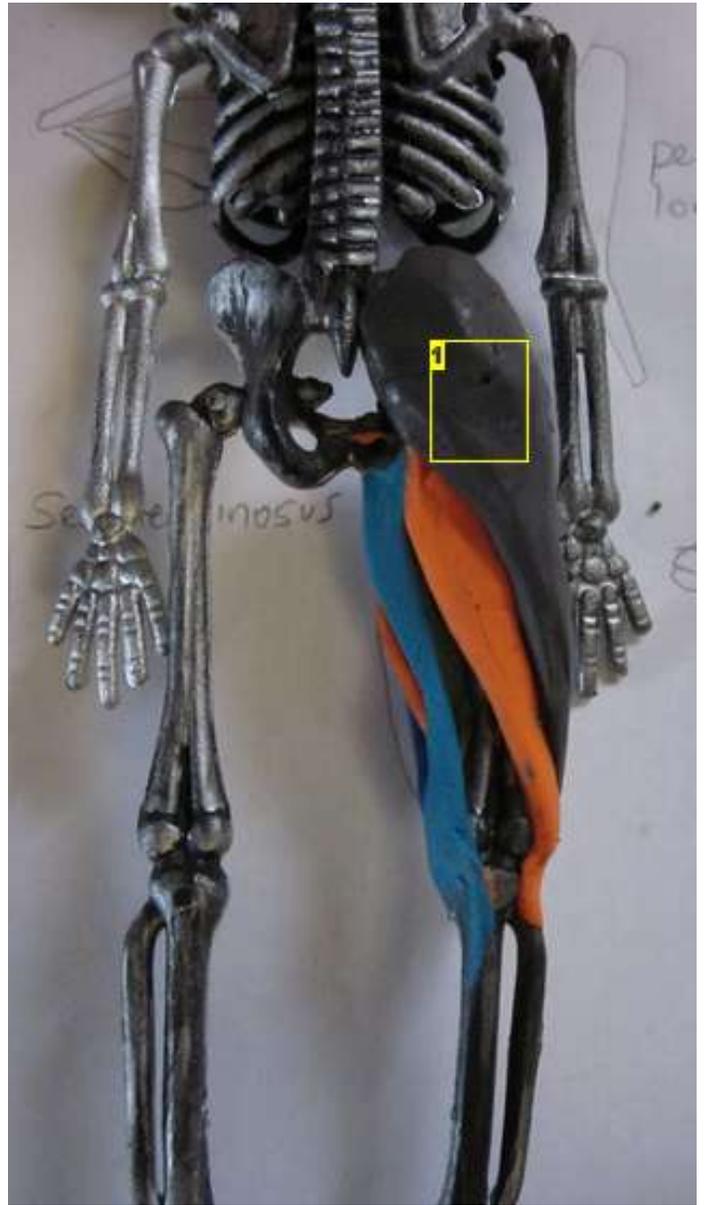


Image Notes
1. gluteus maximus

Step 5: Muscles of the lower leg, back view

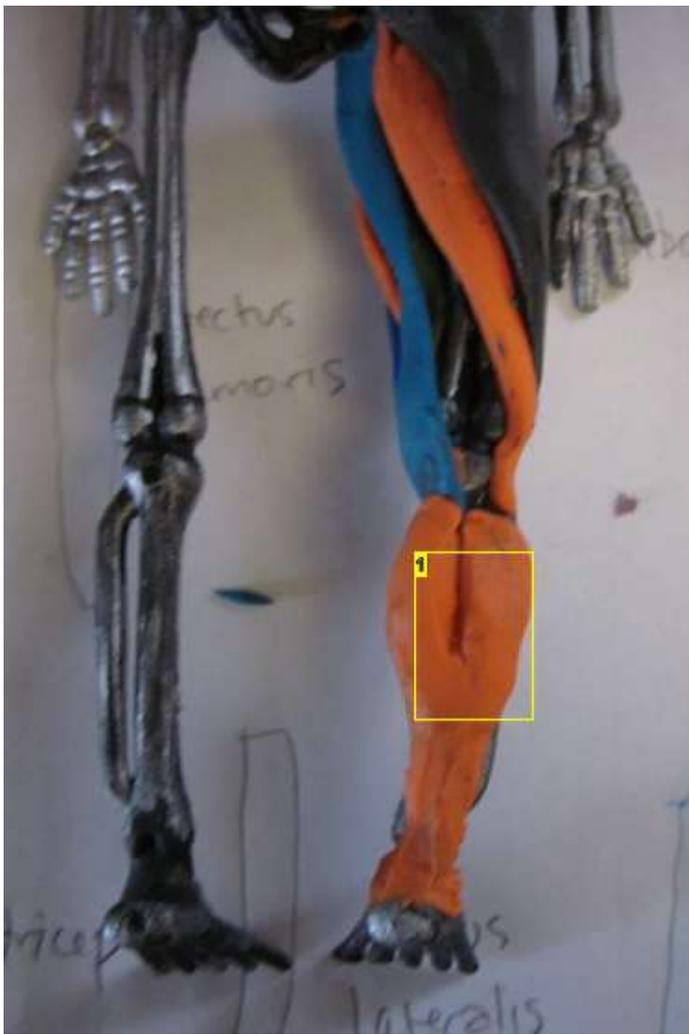


Image Notes
1. gastrocnemius

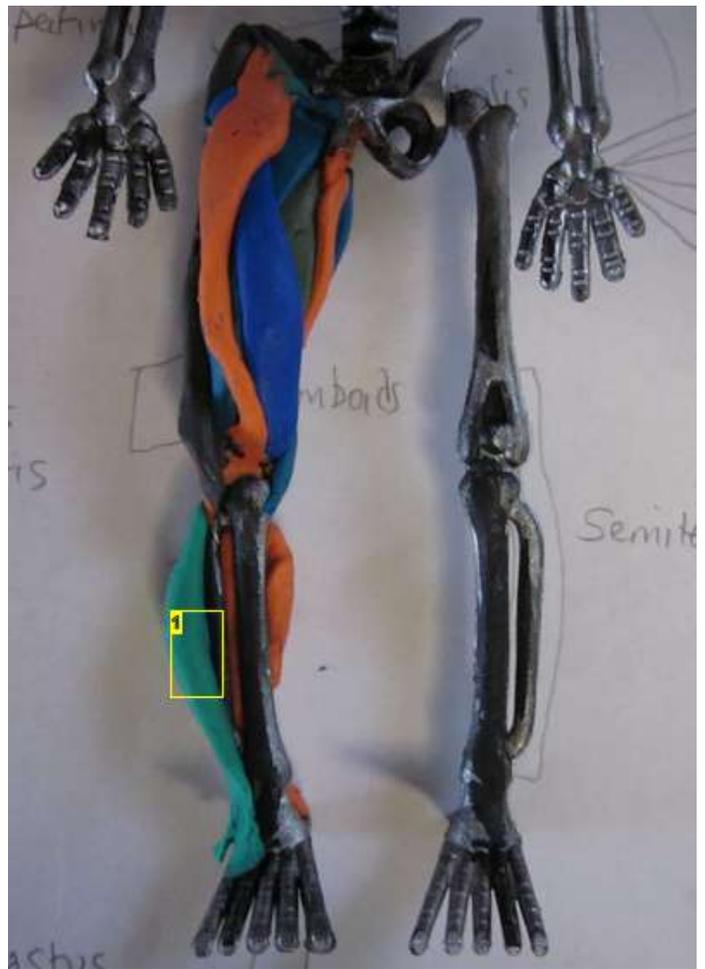


Image Notes
1. peroneus longus

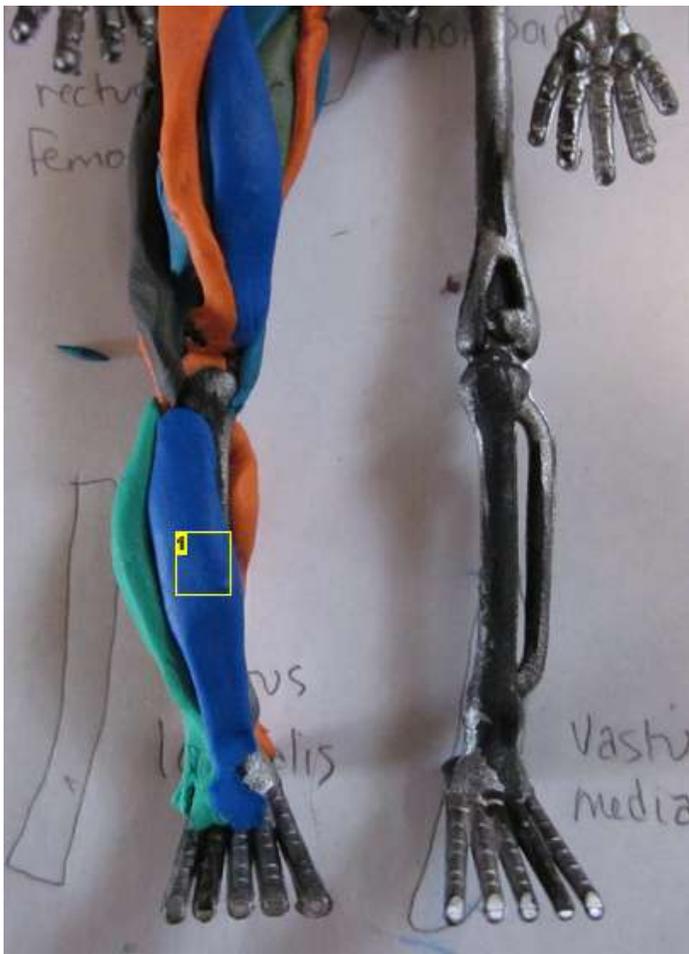


Image Notes
1. tibialis anterior

Step 6: Muscles of the torso and upper arm

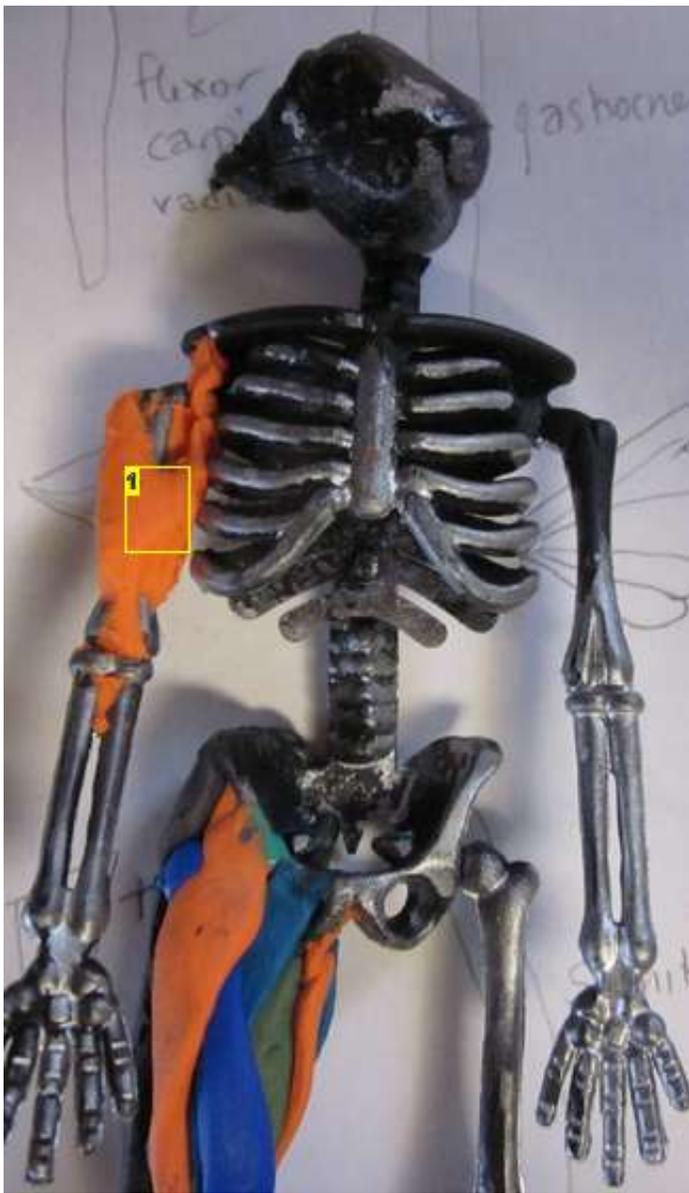


Image Notes
1. biceps brachii



Image Notes
1. pectoralis minor

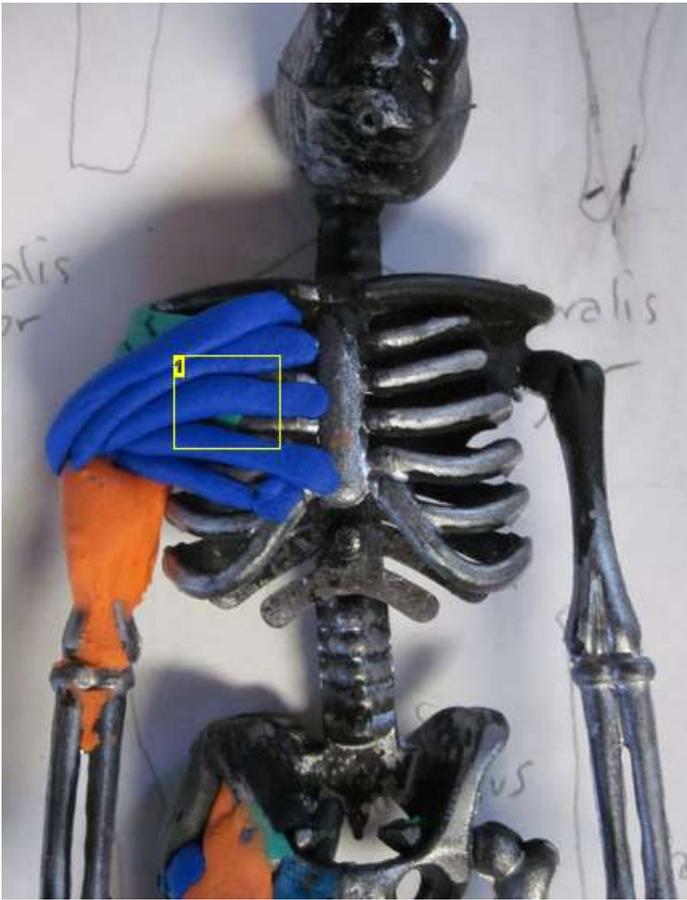


Image Notes
1. pectoralis major

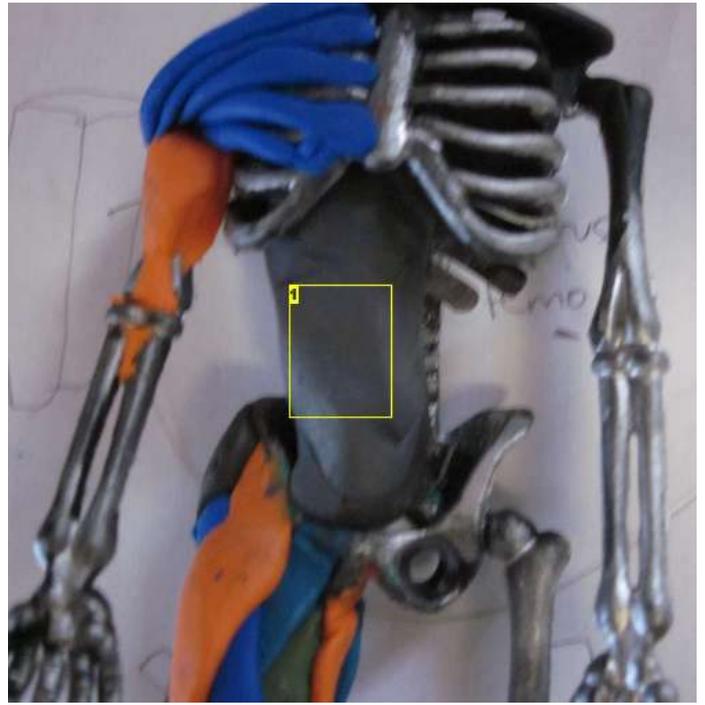


Image Notes
1. substrate support for the rectus abdominus

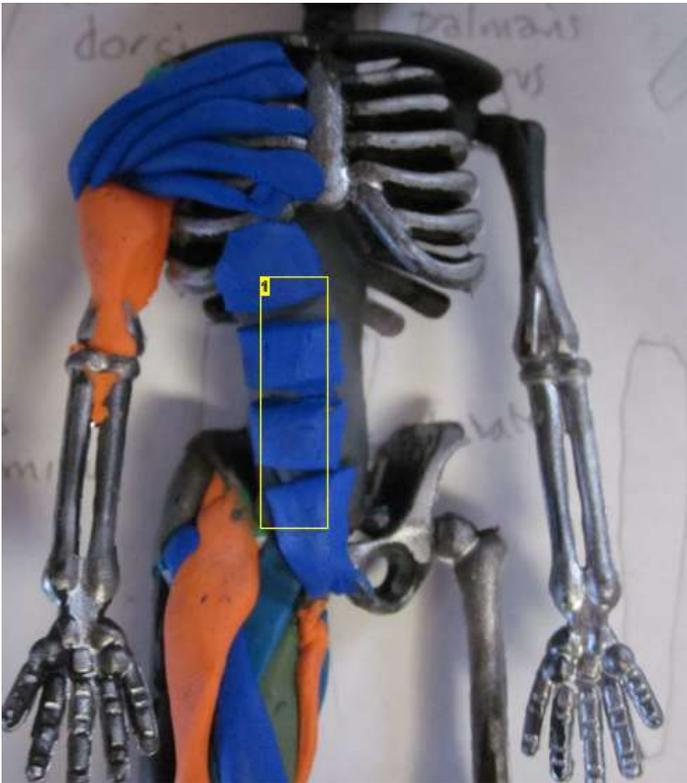


Image Notes
1. rectus abdominus



Image Notes
1. external obliques

Step 7: Muscles of the torso back view



Image Notes
1. serratus anterior



Image Notes
1. external obliques back view

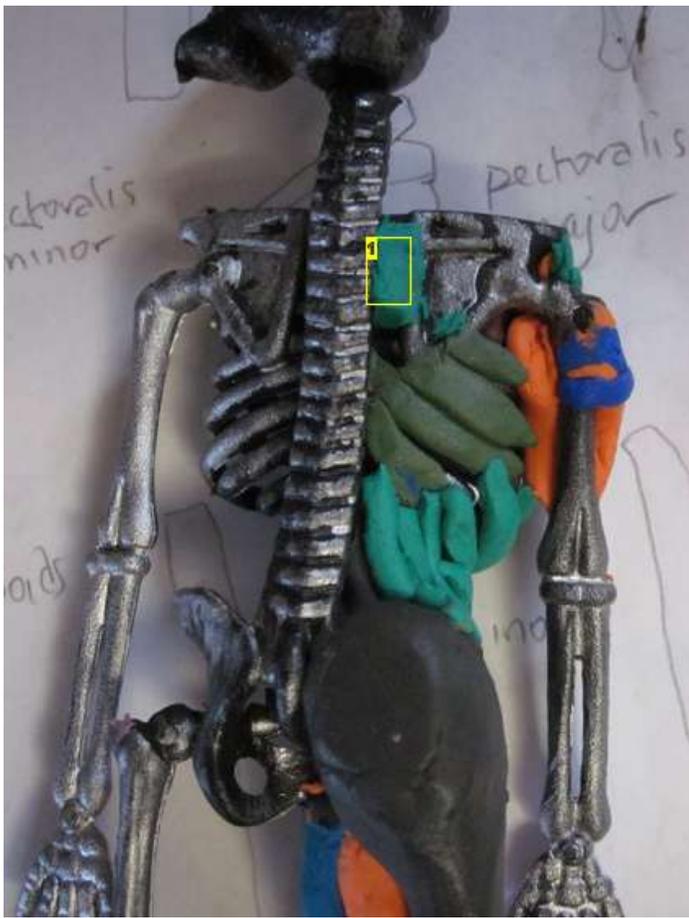


Image Notes
1. rhomboids

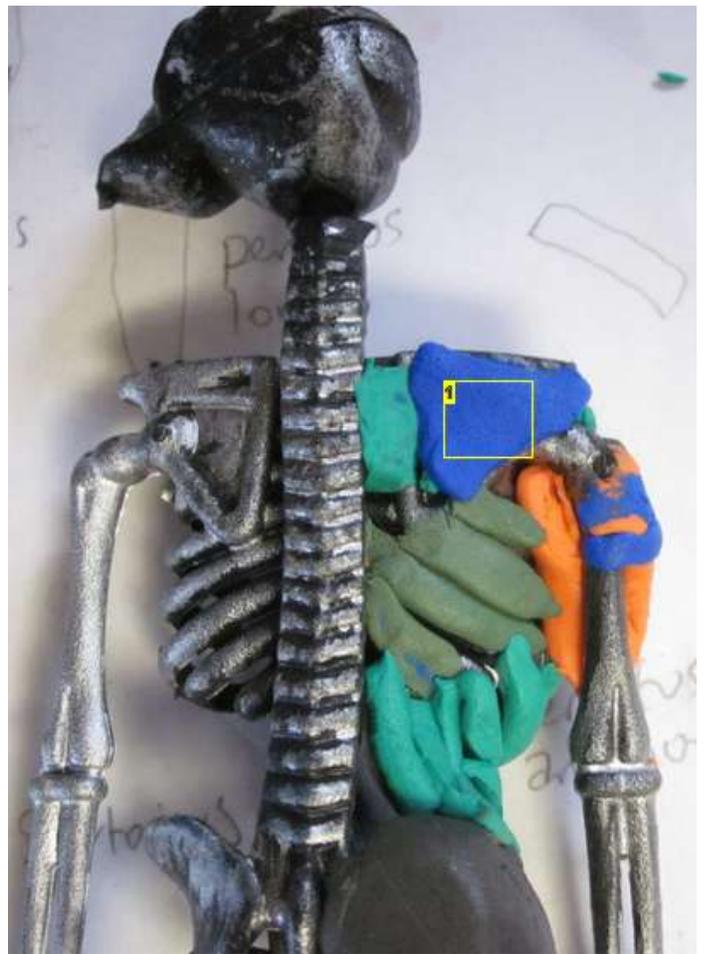


Image Notes
1. supra spinatus, infra spinatus, teres minor group

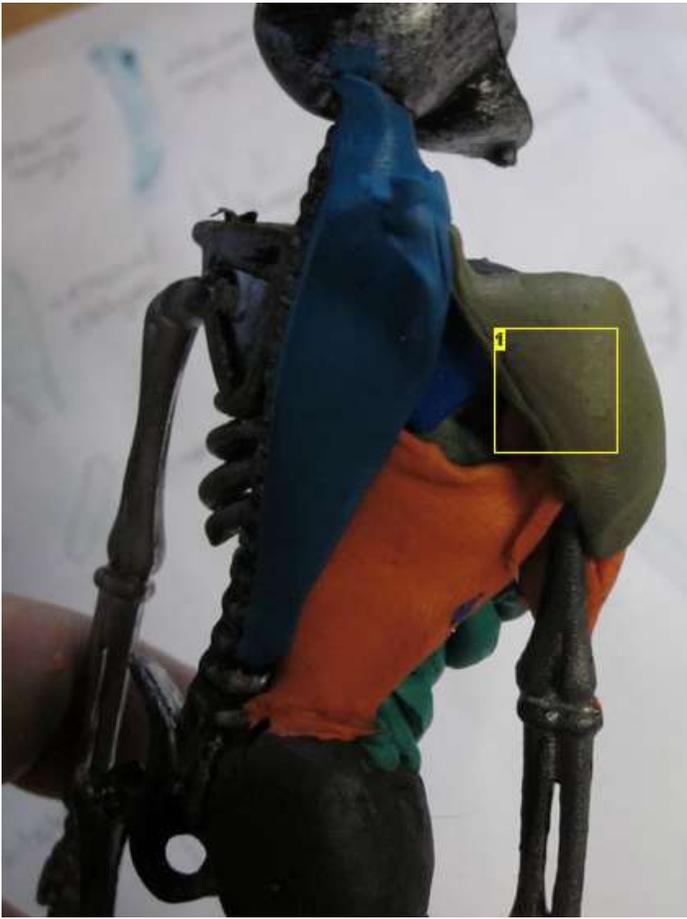


Image Notes

1. deltoid goes under the trapezius

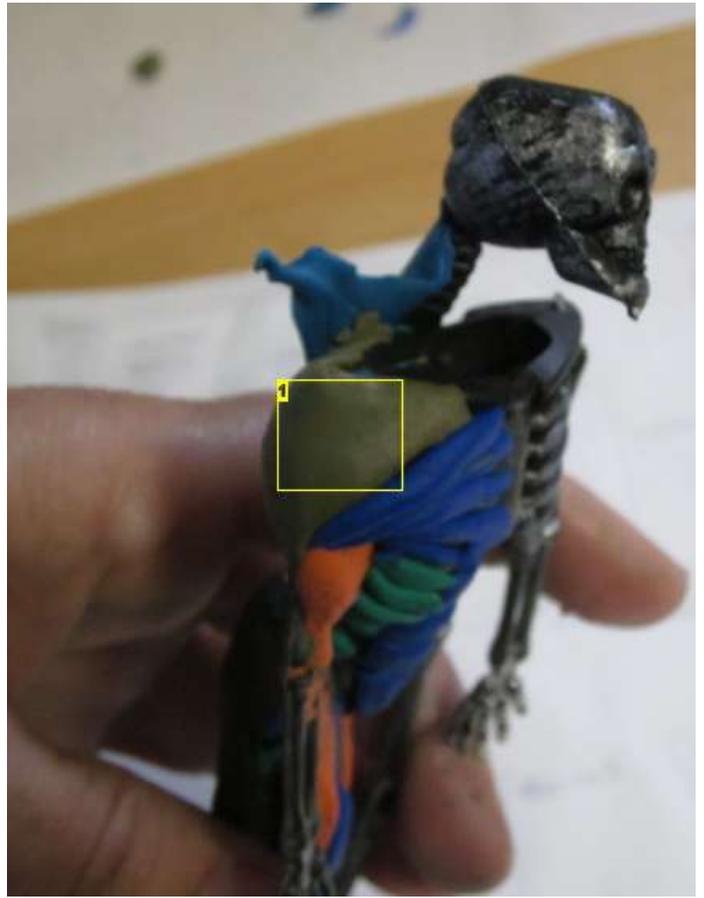


Image Notes

1. deltoid lines up along clavicle in front

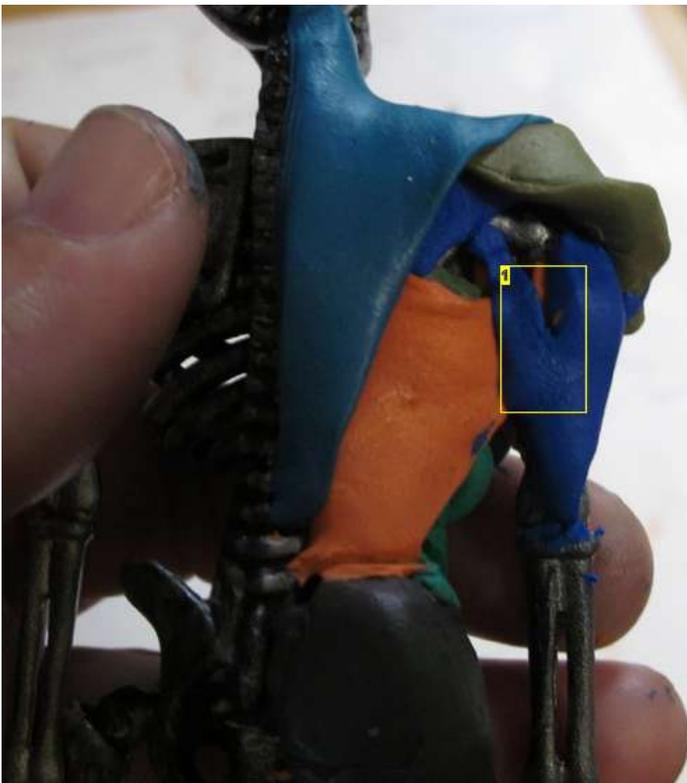


Image Notes

1. triceps under the deltoid

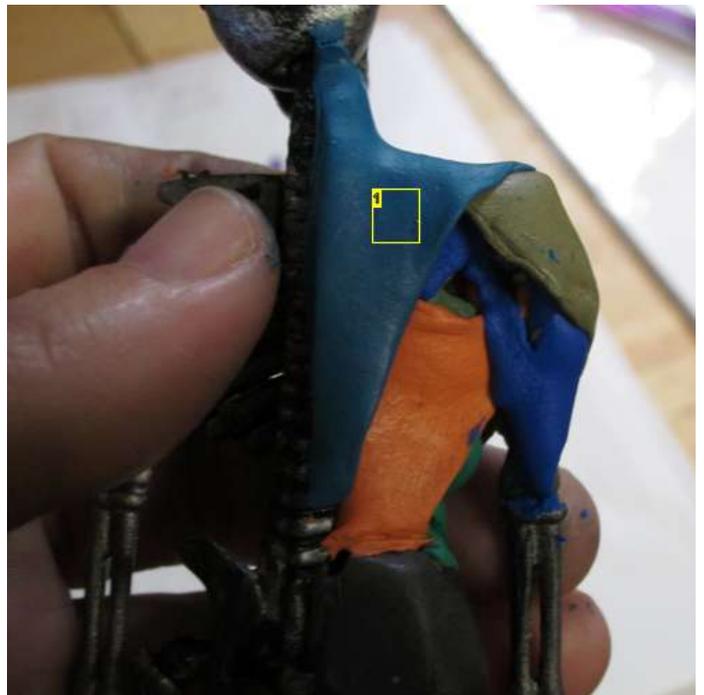


Image Notes

1. trapezius

Step 8: Muscles of the forearm



Image Notes
1. flexor carpi ulnaris



Image Notes
1. flexor carpi radialis

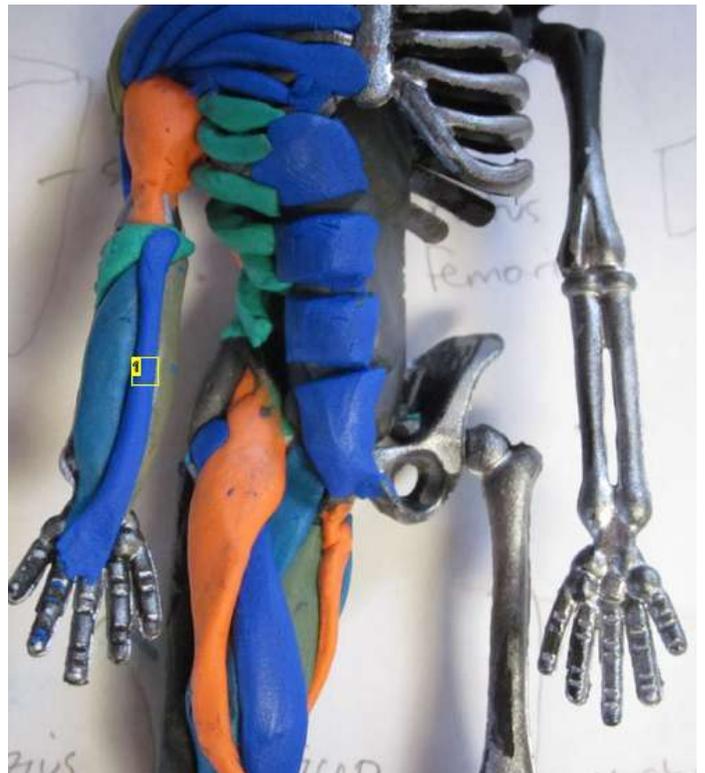


Image Notes
1. palmaris longii



Image Notes
1. pronator teres



Image Notes
1. brachioradialis

Step 9: Muscles of the forearm back view



Image Notes
1. anconeus



Image Notes
1. extensors

Step 10: Neck muscles

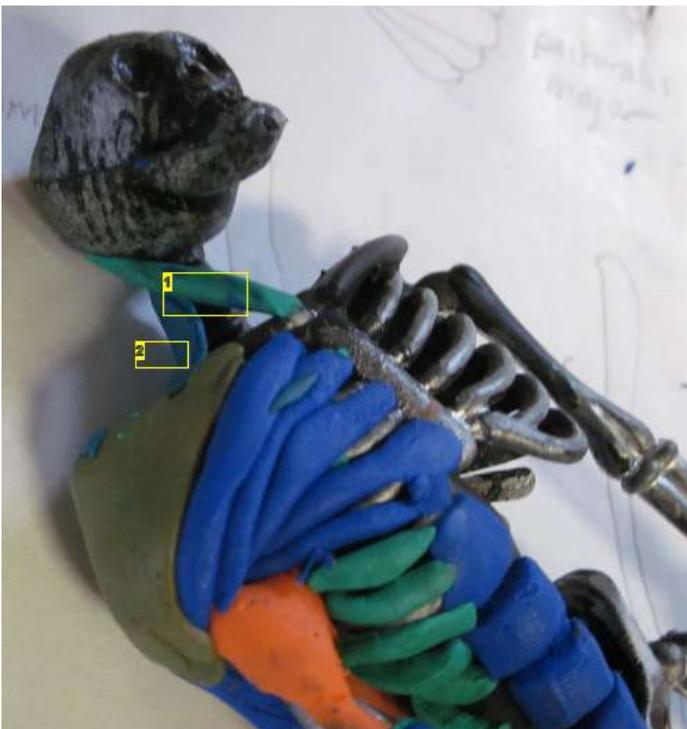


Image Notes
1. sternocleidomastoid
2. trapezius

Step 11: Finished

Hope you find this sort of useful as I did.





Related Instructables



Learn muscle anatomy with a Halloween skeleton by j_l_larson



Freezer Paper Skeleton Costume by tumblingblocks



Dead Alien - Halloween prop by peanutgnome



sugru customized headset with detachable buds by joymcjoy



Giant Steel Skeleton Hand (and coat rack) by dan



Roswell Aliens by 2010Area51

Comments

10 comments [Add Comment](#)



kathrynl says:
This is great. Wish I had seen this when I was taking Human A&P.

Mar 21, 2011. 8:33 AM [REPLY](#)



j_l_larson says:
Thank you! Yes, there's something about handling the skeleton and applying the muscles directly using different colors that really helps. Also, it's sort of hard to visualize the muscles and how they interact just by looking at illustrations.

Mar 22, 2011. 2:31 AM [REPLY](#)



ralpigini says:
Very cool! I wonder if the skeleton would be strong enough to support major internal organs, too. Hmmmm...?

Oct 22, 2010. 11:26 AM [REPLY](#)



j_l_larson says:
I'm sure it could be done, but its such a small skeleton, you'd have to be kind of skillful to get them all in there. If you do it, be sure and share the photos! =>

Oct 22, 2010. 5:17 PM [REPLY](#)



HiddenTreasure says:
Nice ible. Great for the classroom.

Oct 14, 2010. 3:27 AM [REPLY](#)



j_l_larson says:
That would be nice if that happened. I would feel like I did some good in the world. Thank you.

Oct 15, 2010. 11:11 AM [REPLY](#)



softballch1k99 says:
cool im gald im the first to comment awesome ible

Oct 11, 2010. 4:56 PM [REPLY](#)



j_l_larson says:
thank you!

Oct 12, 2010. 12:58 PM [REPLY](#)



Captain Molo says:

Dang that guys buff! well he could use a little more bicep, haha, nice job!

Oct 11, 2010. 5:09 PM [REPLY](#)



j_larson says:

hehe thx!

Oct 12, 2010. 12:57 PM [REPLY](#)
