Origin	The point at which a muscle's tendon attaches to the more stationary bone
Insertion	The point at which a muscle's tendon attaches to the moveable bone
Belly	The largest part of the muscle, which actually contains the muscle cells
Mastication	The process of chewing
Extrinsic hand muscles	Muscles in the forearm which create motion in the hands
Intrinsic hand muscles	Muscles within the hand which create motion in the hands