

# LOWER BODY MUSCULATURE

Anatomical Reference Guide

## Quadriceps Femoris

Anterior View Diagram

- **Rectus Femoris** Position: Center thigh. Action: Knee extension & hip flexion.
- **Vastus Lateralis** Position: Outer thigh. Action: Knee extension.
- **Vastus Medialis** Position: Inner thigh (Teardrop). Action: Knee stabilization.
- **Vastus Intermedius** Position: Deep to Rectus Femoris. Action: Knee extension.

## Hamstrings

Posterior View Diagram

- **Biceps Femoris** Position: Lateral posterior. Action: Knee flexion & hip extension.
- **Semitendinosus** Position: Medial posterior. Action: Knee flexion & internal rotation.
- **Semimembranosus** Position: Deep medial posterior. Action: Knee flexion & hip extension.