

## Kinesiology 11: Lower Limb Muscles to Know!

Add only the following to your tracking sheets...

1. Gluteus maximum
2. Gluteus medius
3. Gluteus minimus
4. Iliacus
5. Psoas major (#4 and 4 join to make iliopsoas)
6. Pectineus
7. Adductor brevis
8. Adductor longus
9. Adductor magnus
10. Sartorius
11. Gracilis
12. Vastus intermedius
13. Vastus lateralis
14. Vastus medialis
15. Rectus femoris (# 12-15 join to form the quadriceps)
16. Biceps femoris
17. Semitendinosus
18. Semimembranosus (#16-18 join to form the hamstrings)
19. Peroneus longus
20. Peroneus brevis
21. Tibialis anterior
22. Gastrocnemius
23. Soleus