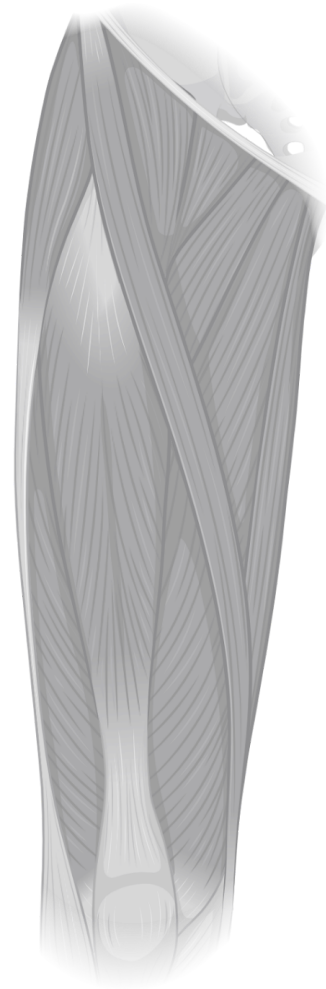


Answer the Questions and label the diagrams.

1. Color the following on the diagram:

- o Sartorius
- o Gracilis
- o Adductor Longus
- o Tensor fasciae latae
- o Rectus femoris
- o Vastus medialis
- o Vastus Lateralis
- o Psoas major
- o illiacus



2. Answer these questions.

- _____ helps you bow
- _____ helps you cross your legs
- _____ flexes thigh at hip
- _____ adducts thigh
- _____ connected to iliotibial tract

3. Color the following muscles:

- o Semitendinosus
- o Semimembranosus
- o Biceps femoris

4. Draw these two muscles:

- o Gluteus medius
- o Gluteus maximus

5. Which muscle adducts the thigh

6. Which three muscles extend the hip and flex the knee?

