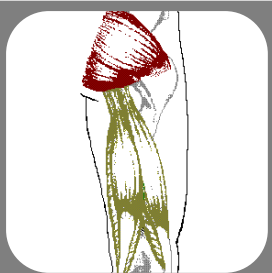


# Major Muscle Groups

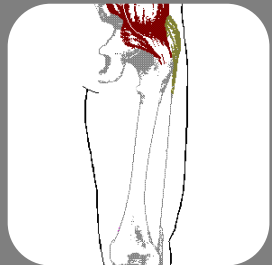
A Short Lesson in the Kinesiology of Exercise

## Gluteals

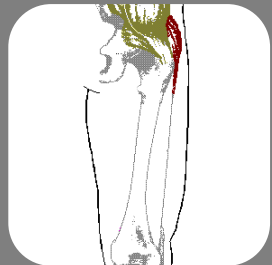
The gluteals include the gluteus maximus, gluteus medius and the gluteus minimus.



The *gluteus maximus* is a very large, fleshy muscle at the back of the hip (the one you sit on). It originates on the outer surface of the crest of the ilium, the posterior surface of the sacrum near the ilium, the fascia of the lumbar area, and the sides of the coccyx. It inserts on a broad line about four inches high on the posterior side of the femur and the iliotibial tract of the fascia latae. It is involved mainly in extension and outward rotation.



The *gluteus medius* is the major muscle involved in hip joint abduction. It is a short, thick muscle located at the sides of the ilium and gives the rounded contour to the sides of the hip. It originates on the outer surface of the ilium near its crest and inserts on the lateral surface of the greater trochanter of the femur.



The *gluteus minimus* originates from the external surface of the ilium. It inserts on the greater trochanter. It's function is thigh abduction.

Posterior view of the upper right leg (thigh)

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