

Major Muscle Groups

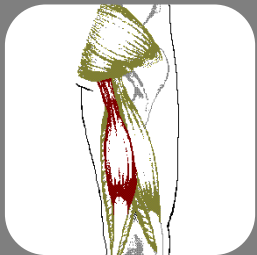
A Short Lesson in the Kinesiology of Exercise

Hamstrings

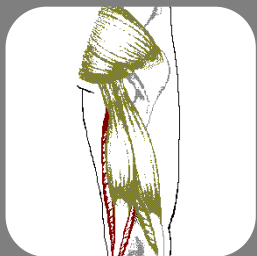
The hamstring muscle group includes the semitendinosus, semimembranosus, and the biceps femoris. These muscles flex the knee. The hamstring muscle is a two-joint muscle having an action at the knee and hip joints.



The *biceps femoris* is the largest muscle of the hamstring group and has two heads. At the upper end the long head is attached to the tuberosity of the ischium bone of the pelvic girdle. The short head is attached to the middle and central area of the femur bone of the thigh. At the lower end the biceps femoris is attached to the lateral condyle of the tibia and the head of the fibula bones of the shin.



The *semitendinosus* runs from the tuberosity of the ischium (on a common tendon with the biceps femoris) to the upper medial condyle of the tibia.



The *semimembranosus* also attaches to the tuberosity of the ischium at the upper end and to the posterior medial condyle of the tibia at the lower end.

Posterior view of the upper right leg (thigh)

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