

Major Muscle Groups

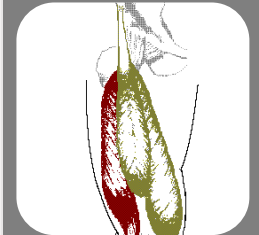
A Short Lesson in the Kinesiology of Exercise

Quadriceps

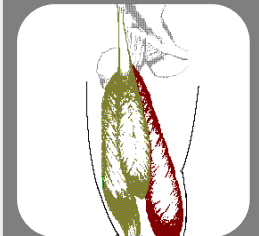
The quadriceps muscle group includes the rectus femoris, vastus lateralis, vastus medialis, and vastus intermedius muscles, which extend the knee. .



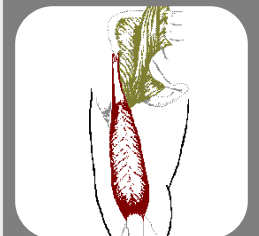
The *rectus femoris* is a large muscle positioned straight down the front of the thigh. It originates on the spine of the ilium bone of the pelvic girdle. At the lower end it joins the tendons of the four vastus muscles merging together onto the patella bone and surrounding ligaments



The *vastus lateralis* is a large muscle located halfway down the outer side of the thigh. It originates on the lateral surface of the femur from just below the upper head of the bone to almost the lower end.



The *vastus medialis* is located on the medial (inner) side of the thigh, somewhat lower than the lateralis, and is partially covered by the rectus femoris. It originates on the medial side of almost the entire shaft of the femur.



The *vastus intermedius* is a close associate of the vastus medialis and lateralis. It lies between them and beneath the rectus femoris. The vastus intermedius originates on the anterior and lateral sides of the femur, running almost the entire length of the shaft of the femur.

Anterior view of the
upper right leg
(thigh)

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