



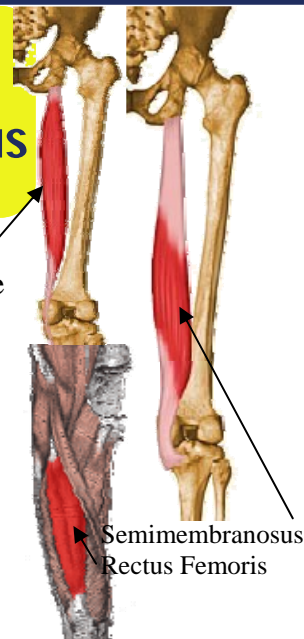
# MUSCLE OF THE MONTH

## Quadriceps

### Rectus Femoris, Semimembranosus & Semitendinosus

The quadriceps, also known as the “quads”, is responsible for both hip flexion and knee extension. The **Rectus Femoris** originates on the straight head of the

Anterior inferior iliac spine, and inserts to the patella to form the more central portion of the quadriceps femoris tendon, and is responsible for knee extension. The **Semimembranosus** originates on the superior lateral quadrant of the ischial tuberosity, and inserts onto the posterior surface of the medial tibial condyle. Its primary action is extension of the thigh and flexion of the knee. The **semitendinosus** originates from the superior medial quadrant of the posterior portion of the ischial tuberosity and inserts onto the medial portion of the tibial shaft. It's main extension of the thigh and flexion of the knee



## EXERCISES

### Lunges



### Leg Extension



### Pointers

#### Lunges

1. Keeping your back straight and upright, take a stride forward.
2. Lower your hips down by bending your rear knee down parallel to the floor and lifting your rear heel off the ground
3. Keep your back upright and straight at all times. Hips should be square with no rotation, keep neck straight and look forward

#### Leg Extension

1. Sitting back into the seat. Keep back against back rest and shins behind cushion.
2. Without arching your back bring your legs up straight stopping once your knees are slightly bent.
3. Lower the weights back down in a slow and controlled manner.

Resistance training is all about keeping your muscles under tension. Always ensure your repetitions are done slowly and in a controlled manner.

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