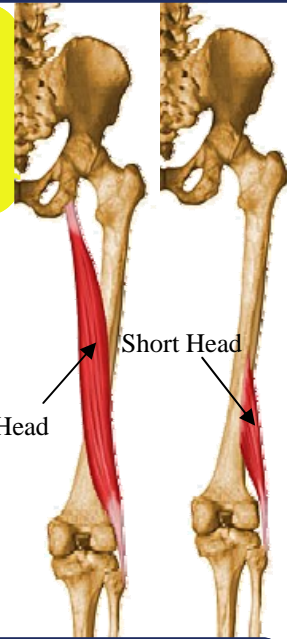


MUSCLE OF THE MONTH

Bicep Femoris



The Bicep Femoris commonly known as the hamstrings, consists of two heads, long and short.

The long head originates on the superior medial Quadrant of the posterior portion of the ischial tuberosity, (pelvis), and inserts primarily on the fibular head. The short head originates mainly on the lateral supracondylar ridge of femur, and inserts onto the fibular head. The hamstrings are responsible for flexion of the knee and lateral rotation of the tibia. The long head also extends the hip joint.

EXERCISES

Fit Ball Hamstring Curl



Seated Leg Curl



Pointers

Fit Ball Hamstring Curls

1. Place the ball under your heels while lying down on your back with your arms on the ground next to your body.
2. Lift your hips off the ground so that you are only supported by your shoulder blades, arms and feet.
3. Using the ball as leverage, bring your knees into your chest, keeping your hips in the air the entire time (exhale).

Seated Leg Curls

1. Make sure your back is straight against the back rest.
2. Curl the cushion under your seat make sure you don't arch your back.
3. Return to your starting position

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

Visit www.trenchhealth.com.au for previous Muscles of the month