

# **SORTA HEALTHY**

## **MUSCLE GUIDE**

**BASIC EDITION**

**LOWER BODY**

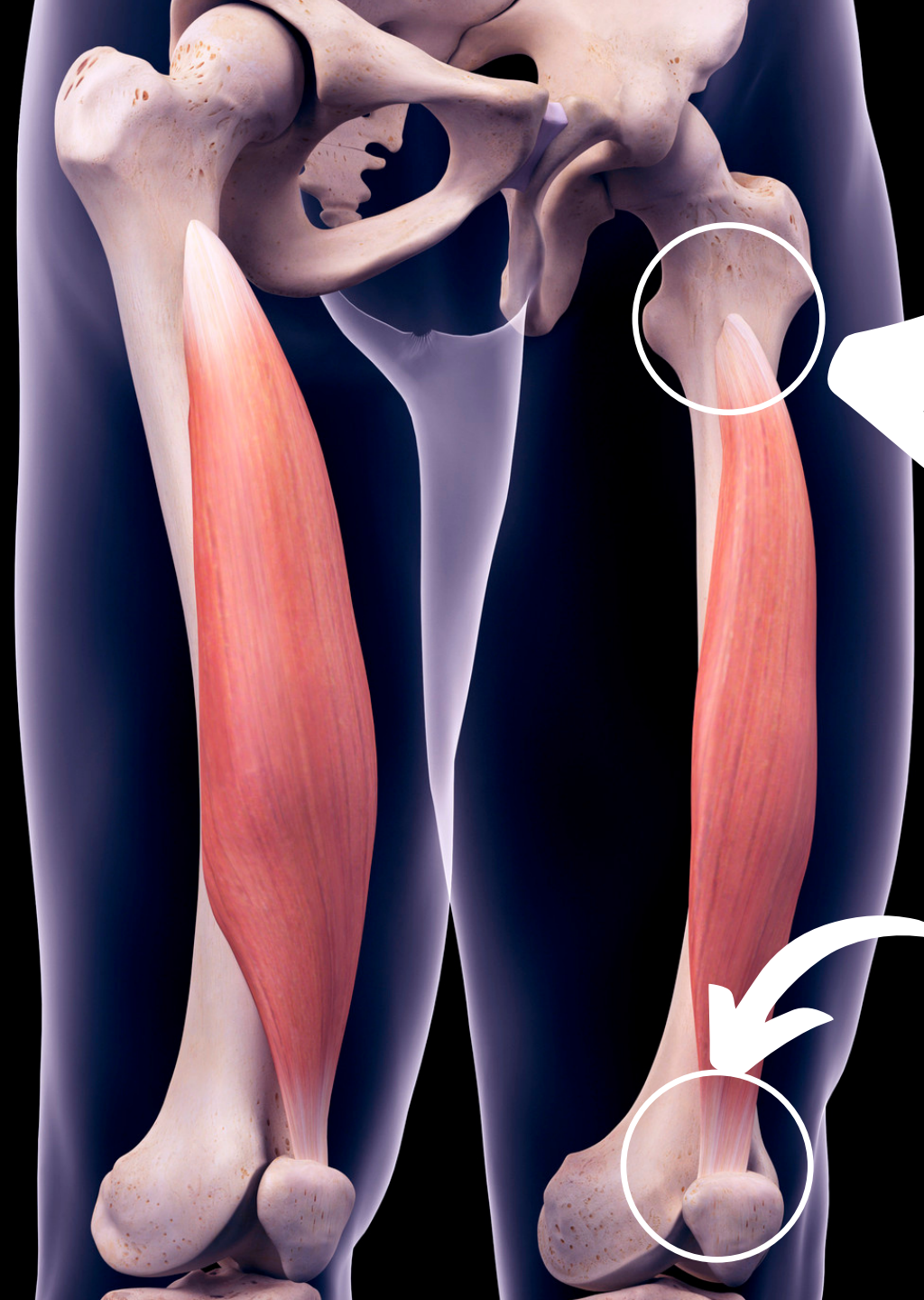


# WHAT MUSCLES DO

- 1 ENABLE MOVEMENT
- 2 HELP WITH POSTURE
- 3 HELP WITH STABILITY
- 4 HELP WITH HEATING

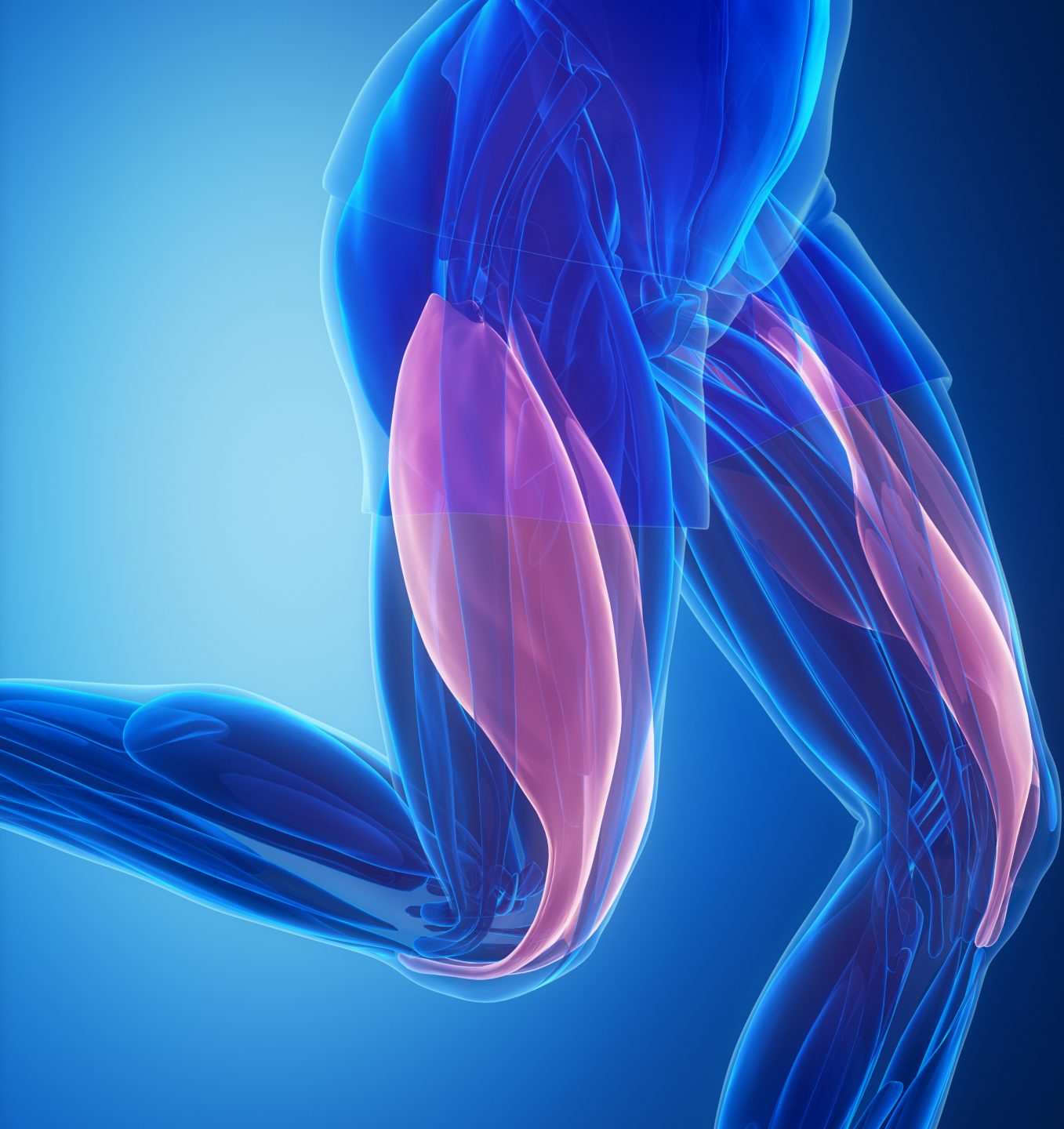
**THE ANTAGONIST IS THE  
MUSCLE THAT OPPOSES  
THE PRIME MOVER.**





**MUSCLE ORIGIN**  
(more stationary/stable)

**MUSCLE INSERTION**  
(more distal attachment)



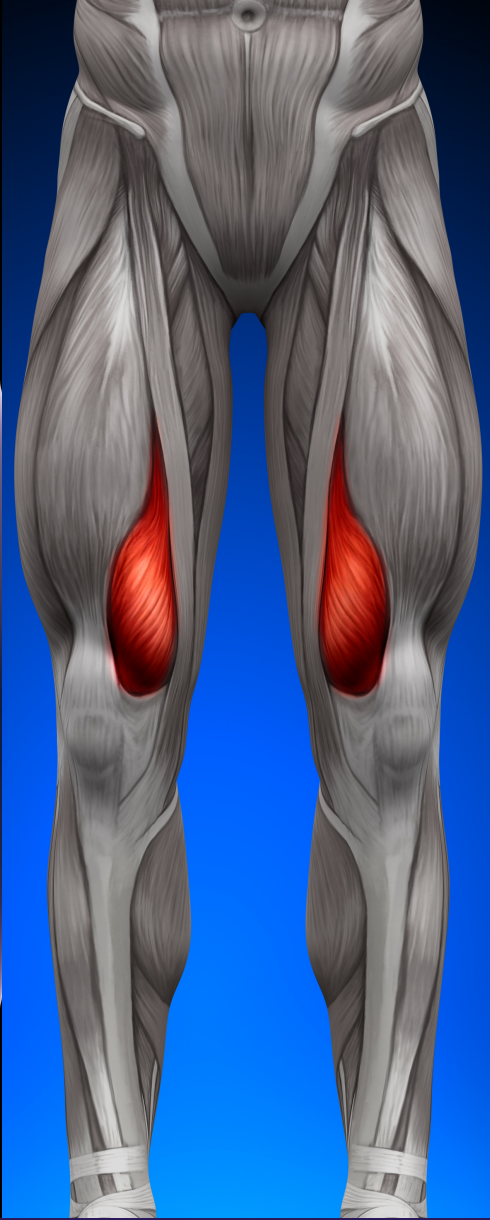
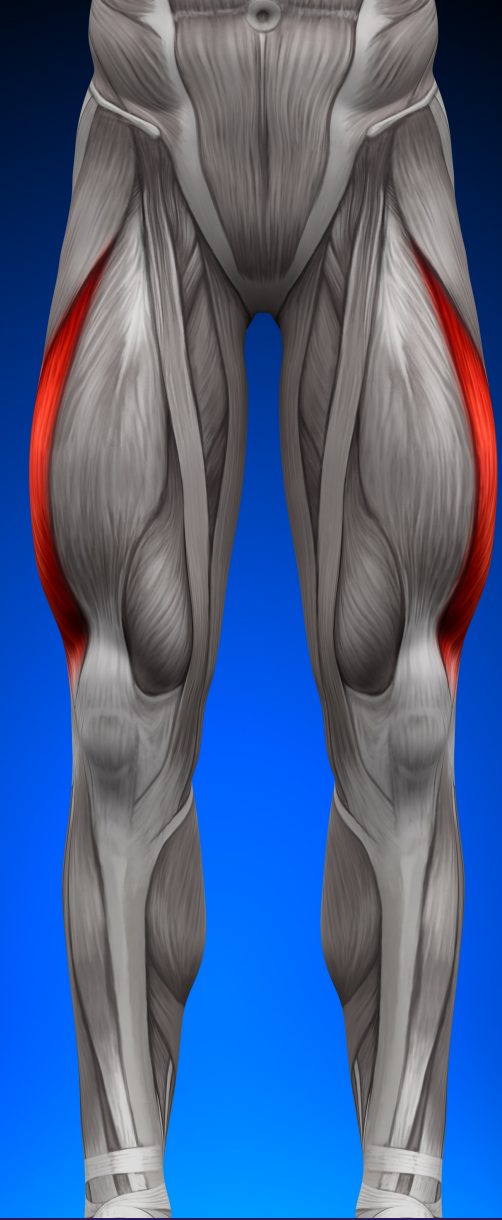
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**Vastus Lateralis**

**Vastus Intermedius**

**Vastus Medialis**

**Rectus Femoris**



**Action: Extend knee**

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**Antagonist: Hamstrings**

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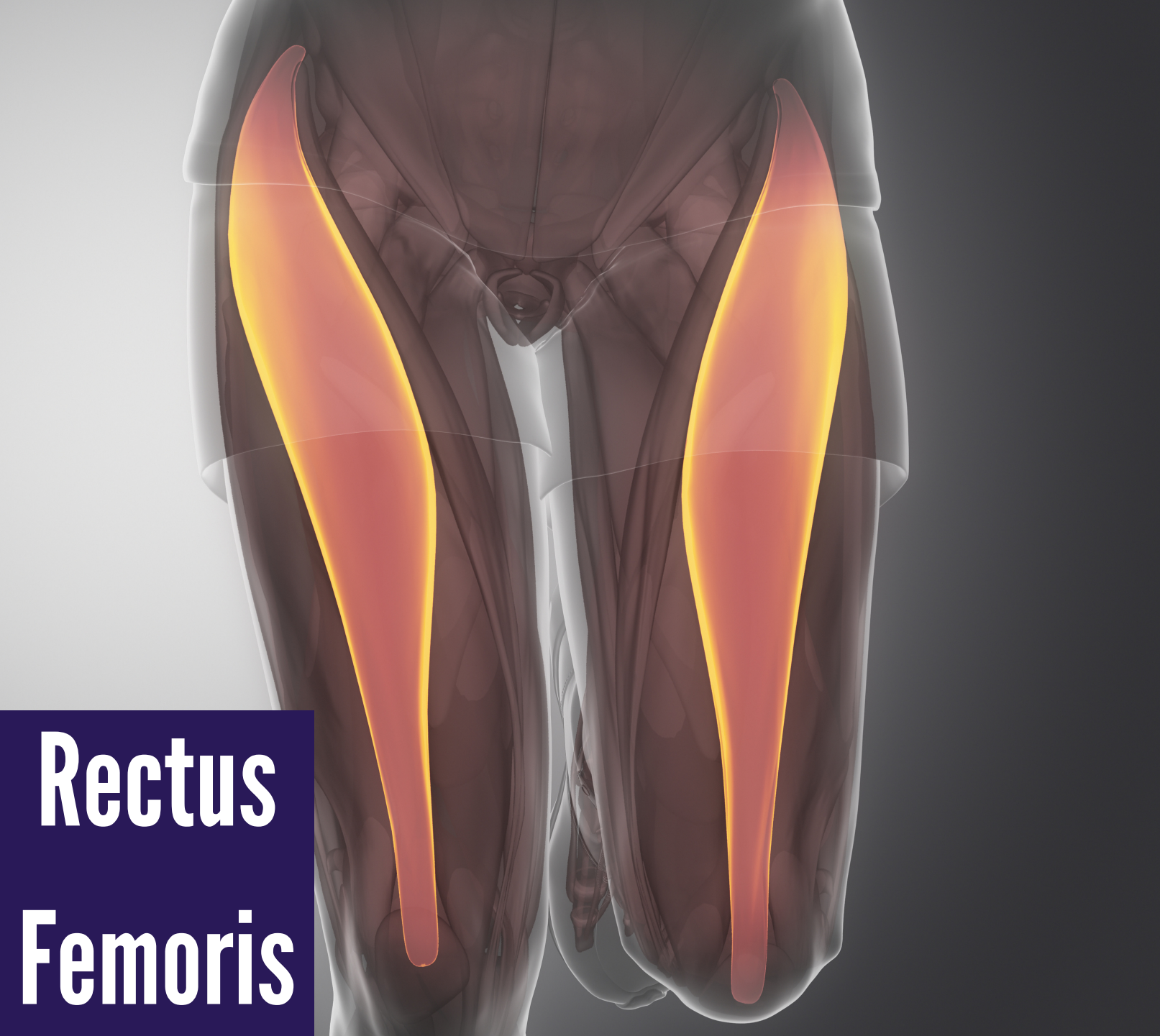
**Your quads should be significantly stronger than your hamstrings.**

**Hams aprox. 30% weaker.**

**Lateralis**

**Intermedius**

**Medialis**



**Rectus  
Femoris**

**Action: Extend knee  
and flex the hip**

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**Antagonist:  
Hamstrings**

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**Superficial to other quads.  
Crosses the hip and knee.**



less deep  
Muscle

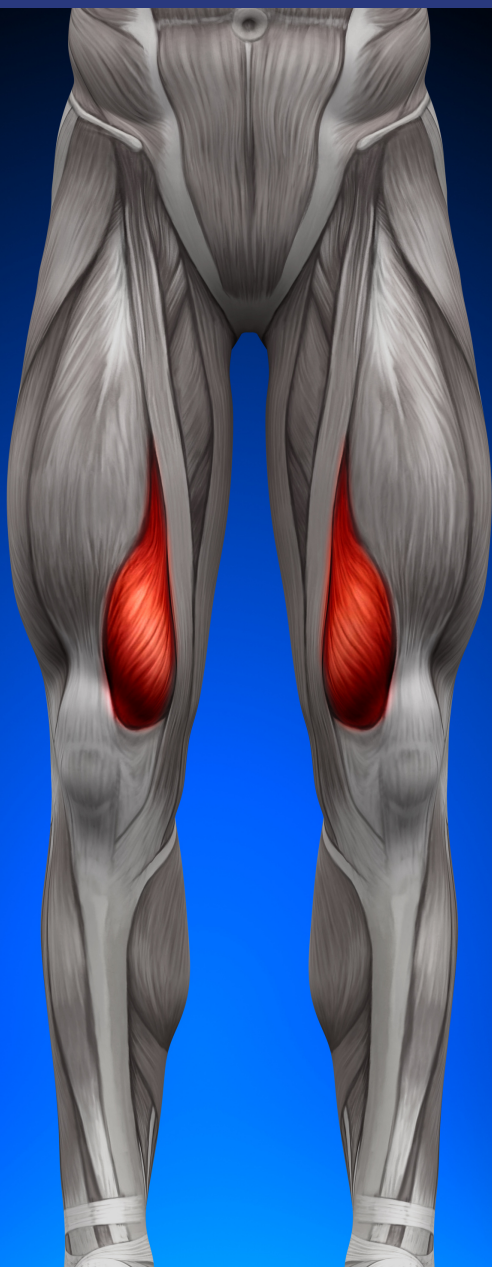
**Rectus Femoris**



**Lateralis**



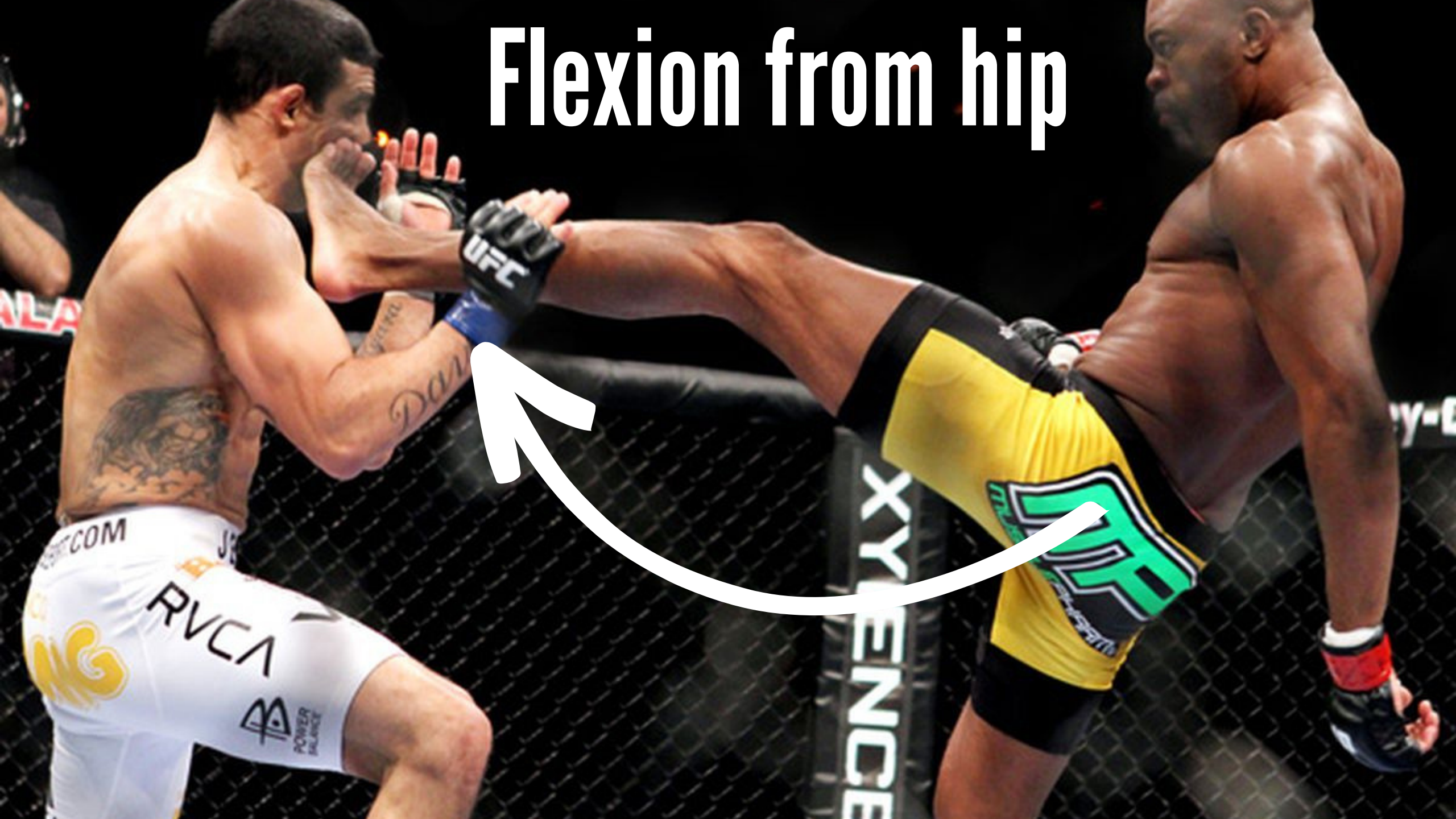
**Intermedius**



**Medialis**



# Flexion from hip

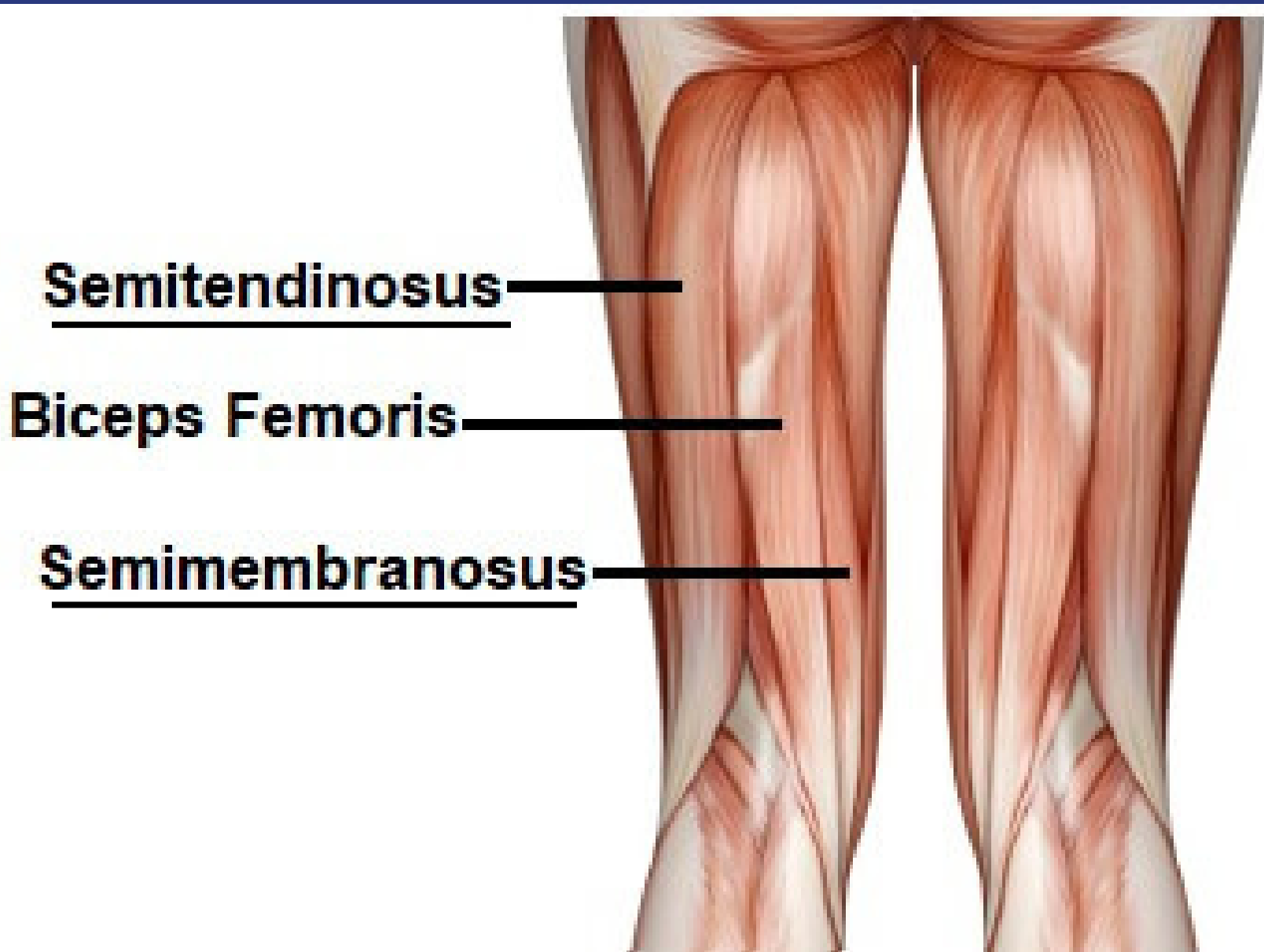




**Biceps Femoris**

**Semitendinosus**

**Semimembranosus**



Semitendinosus

Biceps Femoris

Semimembranosus

**Action: Flex knee,  
extend hip, medially  
rotate leg at knee**

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**Antagonist: Quads**

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**Likely the most commonly  
"pulled" muscle group.**

# Biceps Femoris



**Action: Flex knee,  
extend hip, laterally  
rotate leg at knee**

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**Antagonist: Quads**

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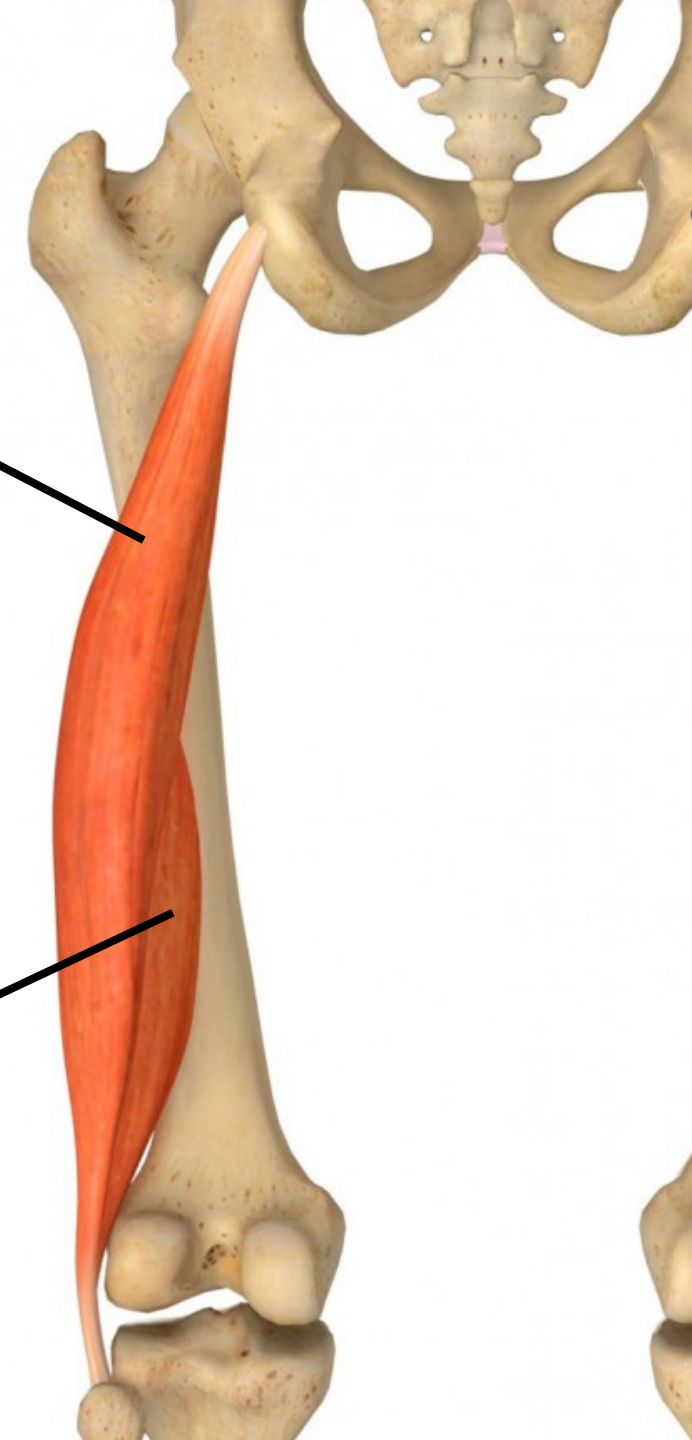
**Has two origins, or places  
where the muscle starts.**

**Biceps Femoris**

**Long Head**

**Biceps Femoris**

**Short Head**





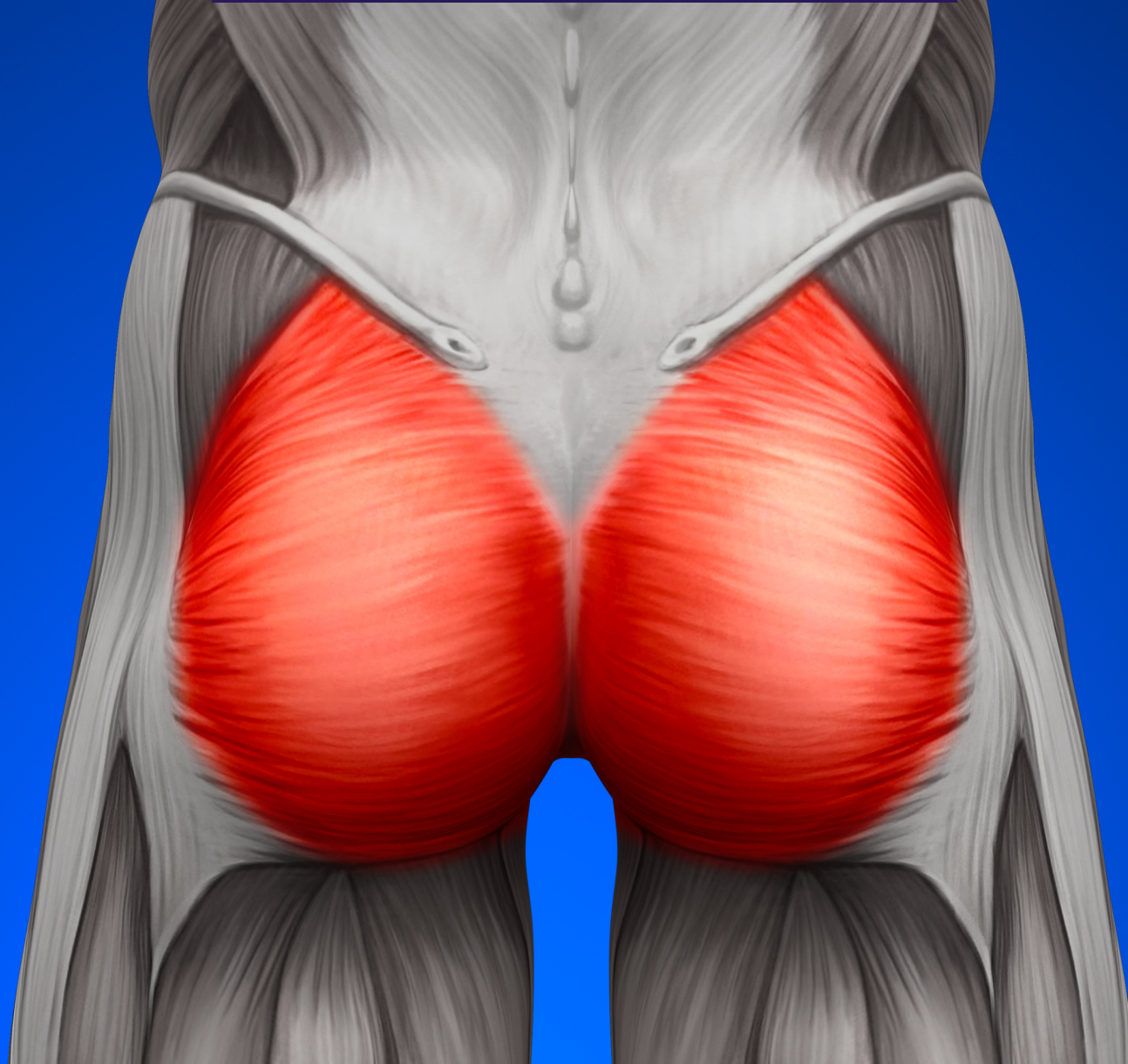
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**Gluteus Maximus**

**Gluteus Medius**

**Gluteus Minimus**

# Gluteus Maximus



**Action: Strong hip extensor, externally rotates hip, supports knee**

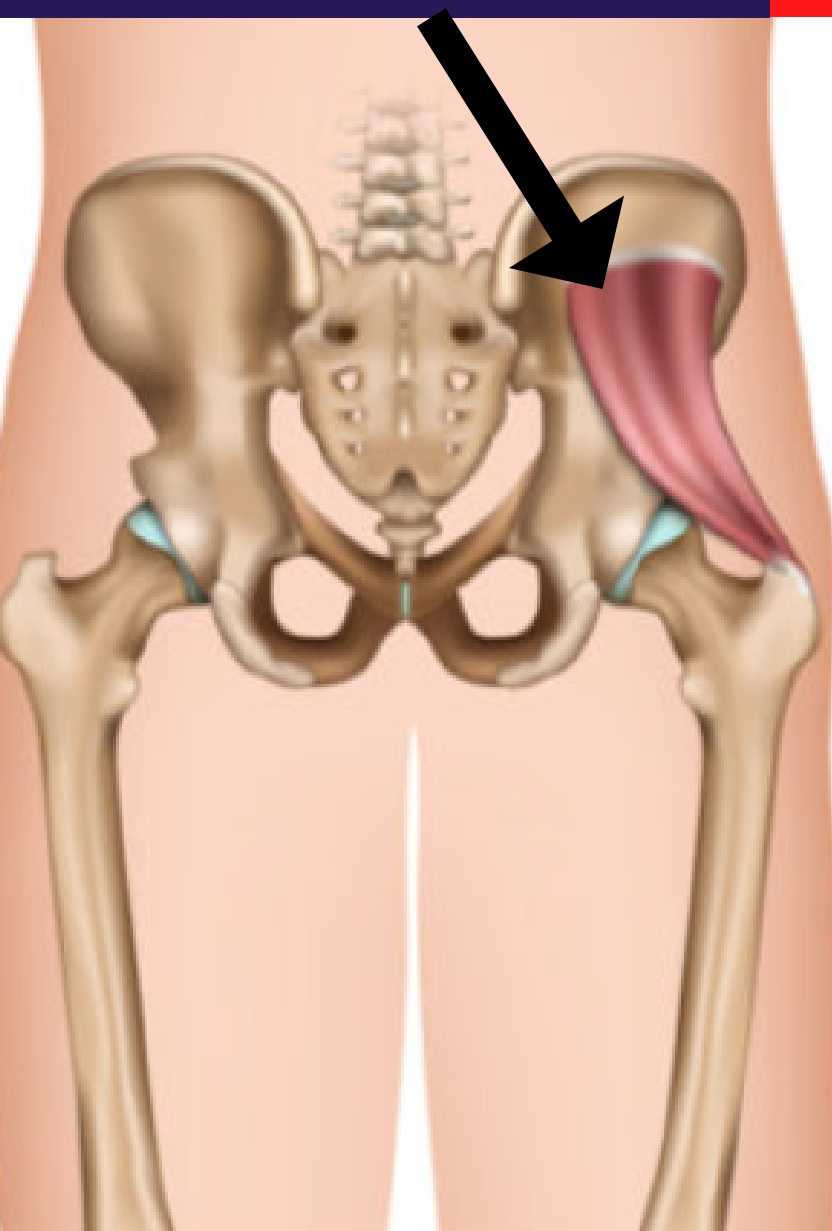
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**Antagonist: Hip flexors**

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**Glute max is the biggest muscle in the body**

# Glute Minimus



# Glute Medius



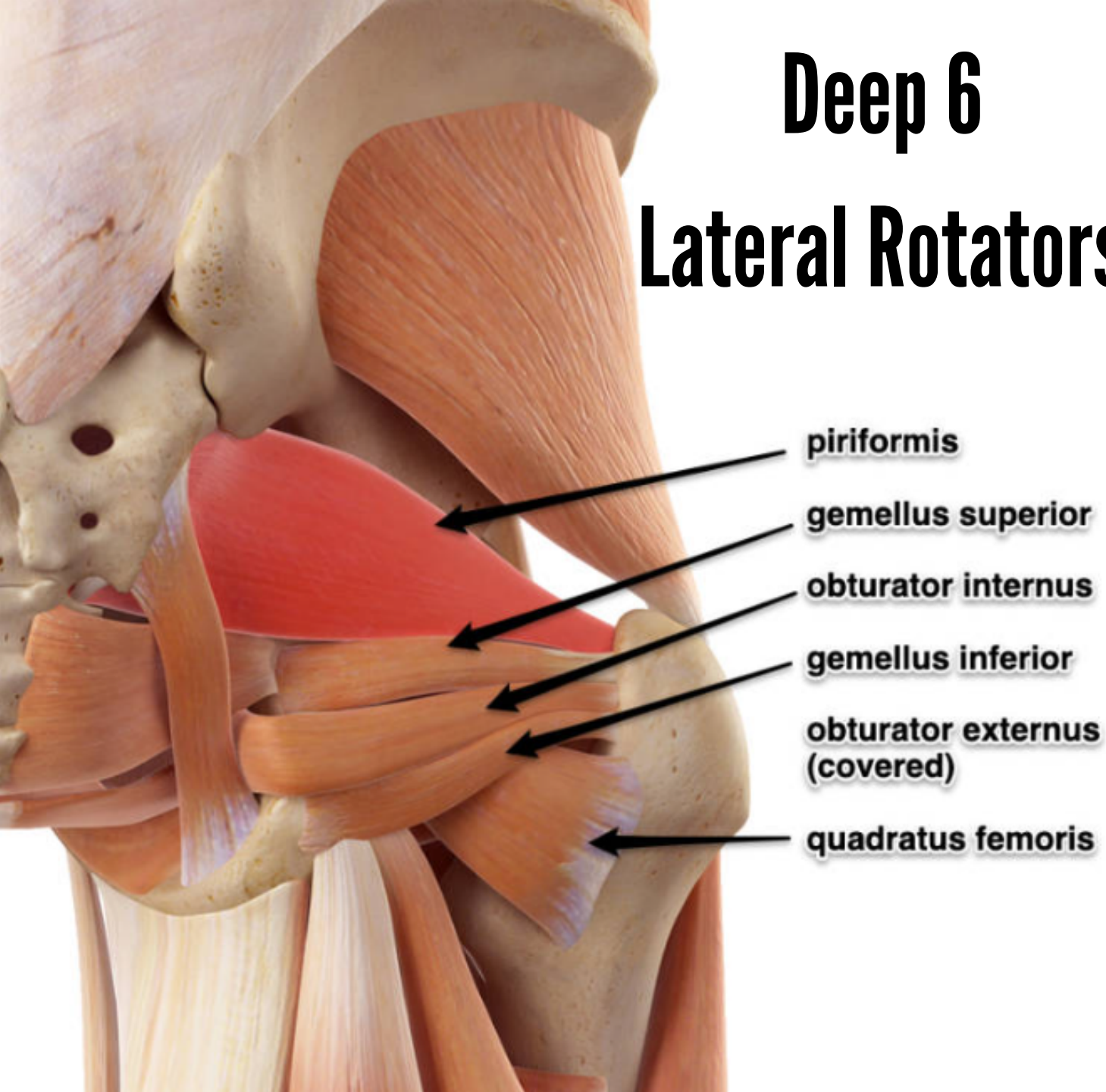
**Action: Abduct the hip,  
prevent adduction of hip  
(keep knee stable)**

**Antagonist: Lateral rotators  
and the adductors**

**Extra work on these  
muscles is great for people  
with knee issues.**



# Deep 6 Lateral Rotators



piriformis

gemellus superior

obturator internus

gemellus inferior

obturator externus  
(covered)

quadratus femoris

**Action: Laterally rotate  
the hip**

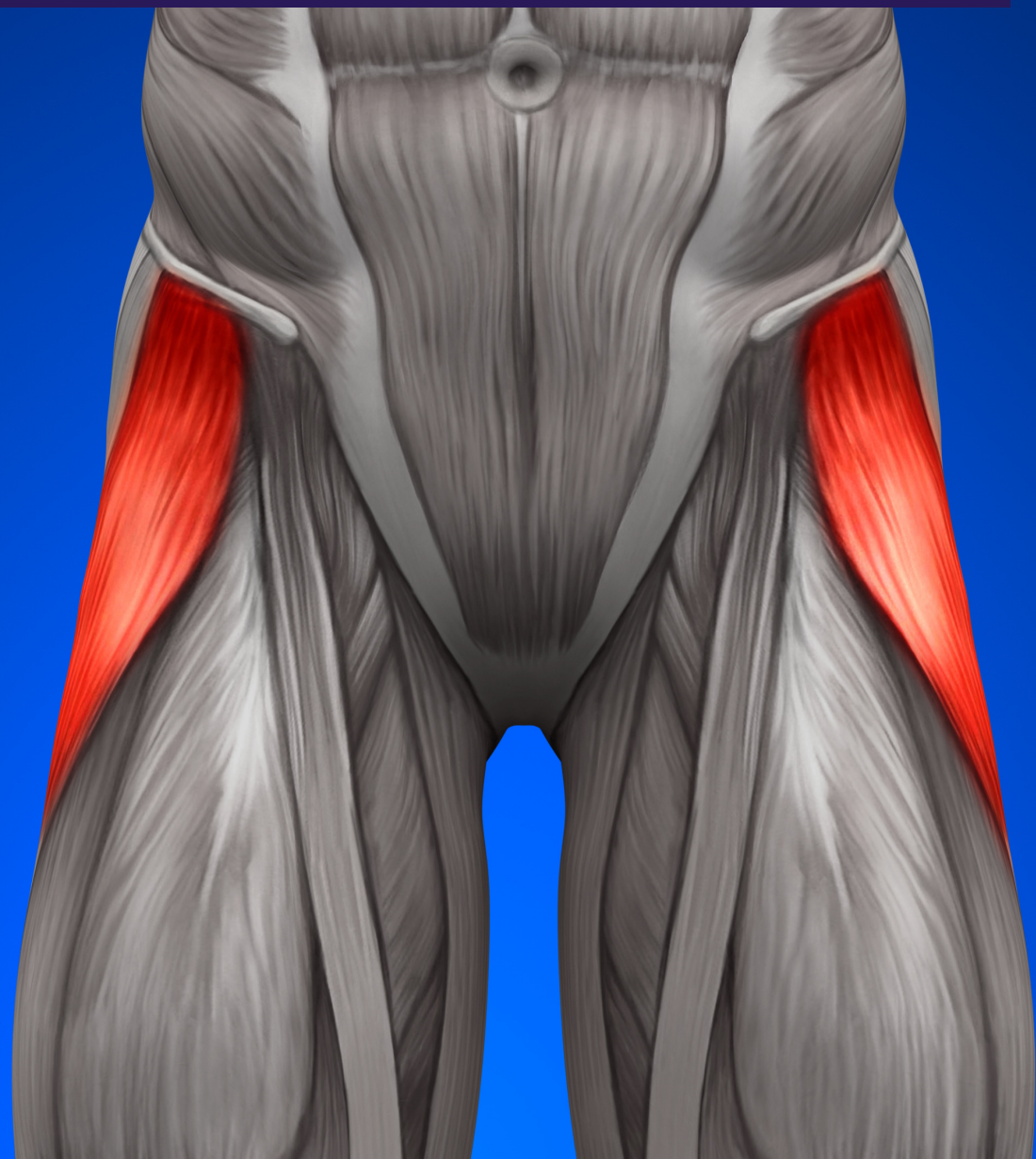
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**Antagonist: Glute med,  
glute min.**

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**The piriformis is  
responsible for many  
cases of sciatica.**

# Tensor Fasciae Latae



**Action: Flexes hip,  
medially rotates hip,  
hip abductor, stabilizer**

**Antagonist: Glute max,  
adductor magnus**

**The TFL feeds into the IT band.**

**When glutes are too weak the**

**TFL can cause knee pain.**

An anatomical illustration of the right leg of a human figure, showing the musculature and connective tissue. The TFL (Tensor Fasciae Latae) muscle is highlighted in a bright red color, originating from the hip and extending down the side of the leg. The Iliotibial band is shown as a thick, greyish-white band running along the outer side of the leg. Labels with leader lines point to both structures.

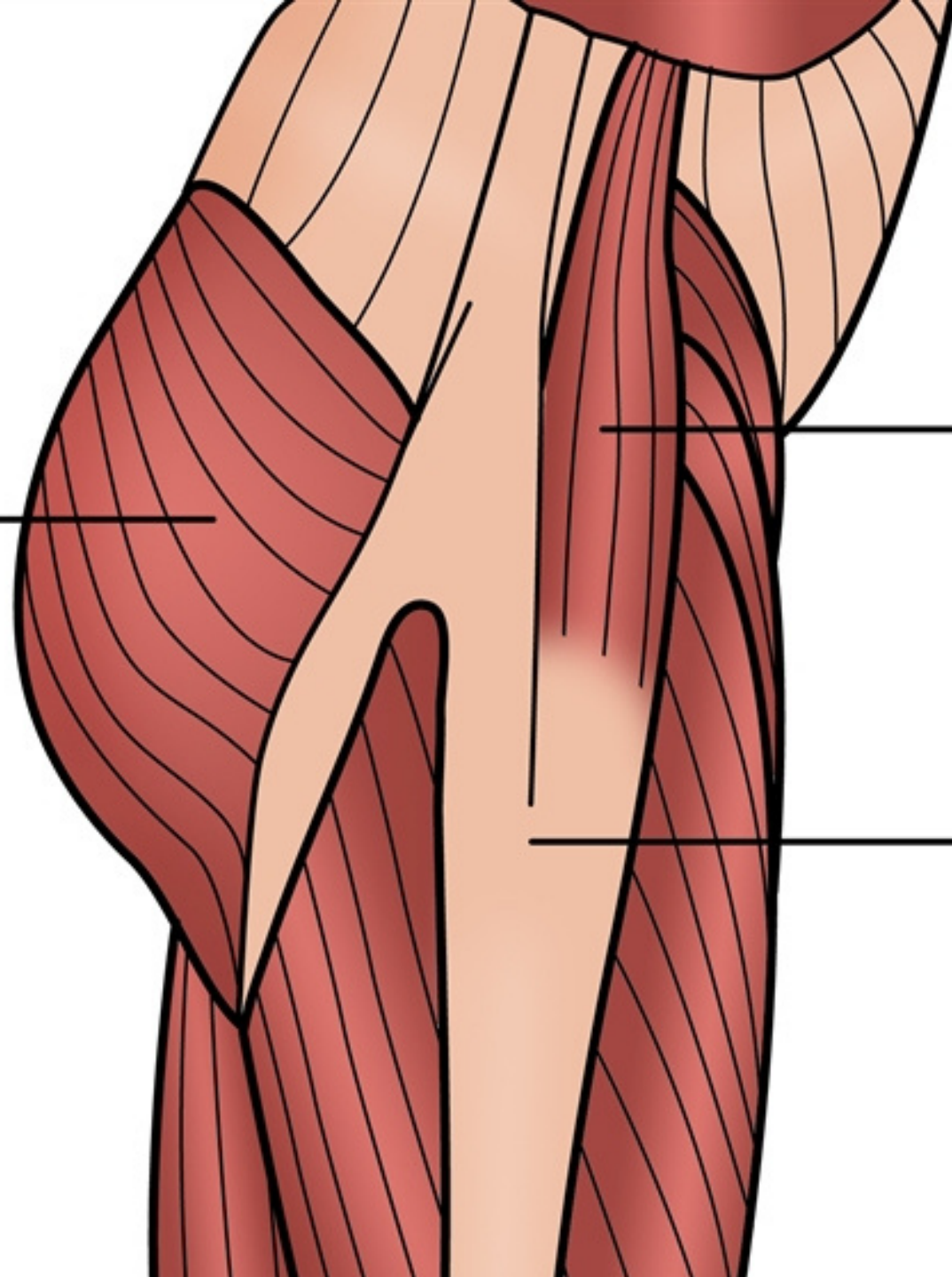
TFL

Iliotibial band

**The TFL feeds into the IT band.**

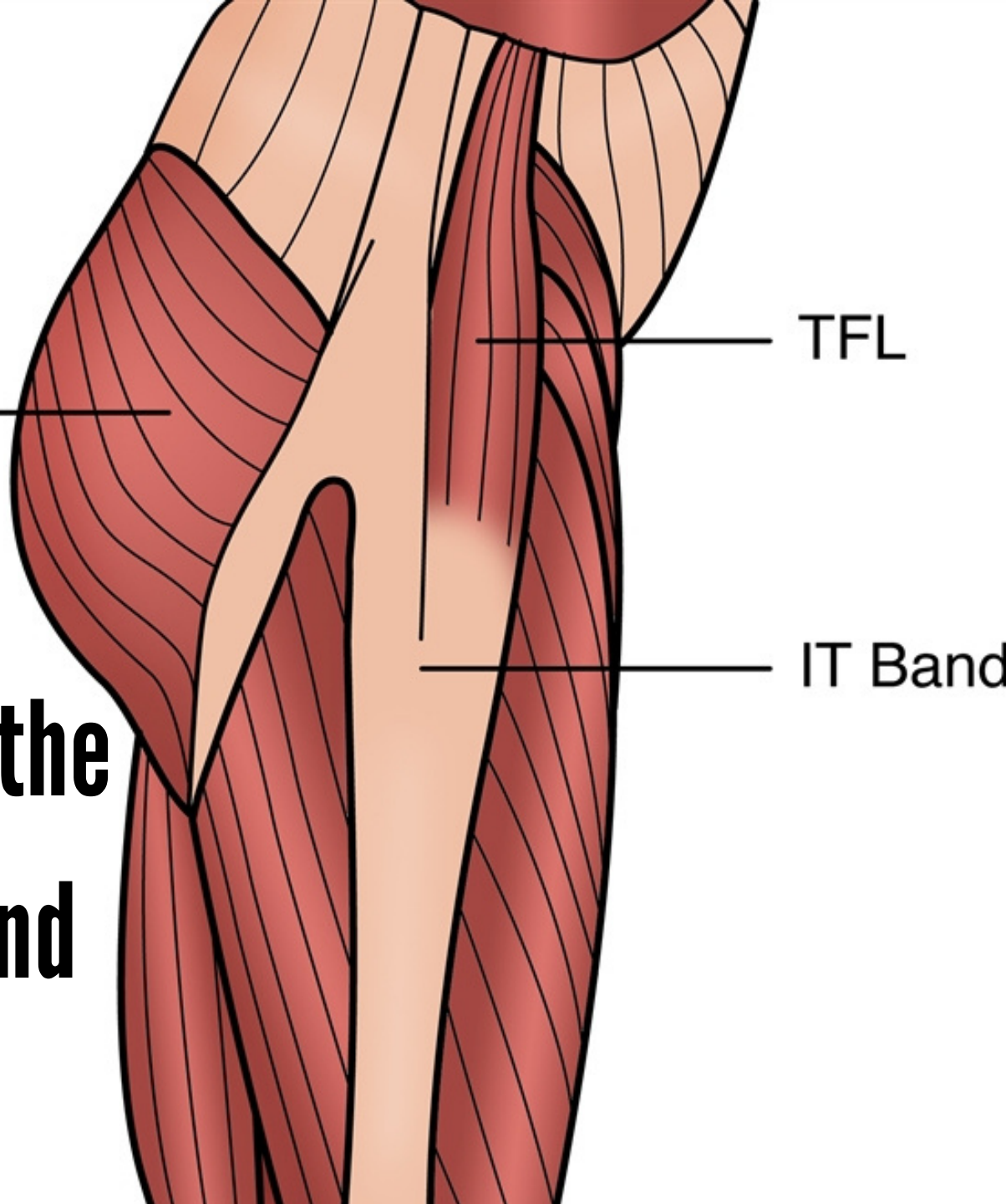
**The IT band isn't a muscle.**

Gluteus  
maximus



TFL

IT Band



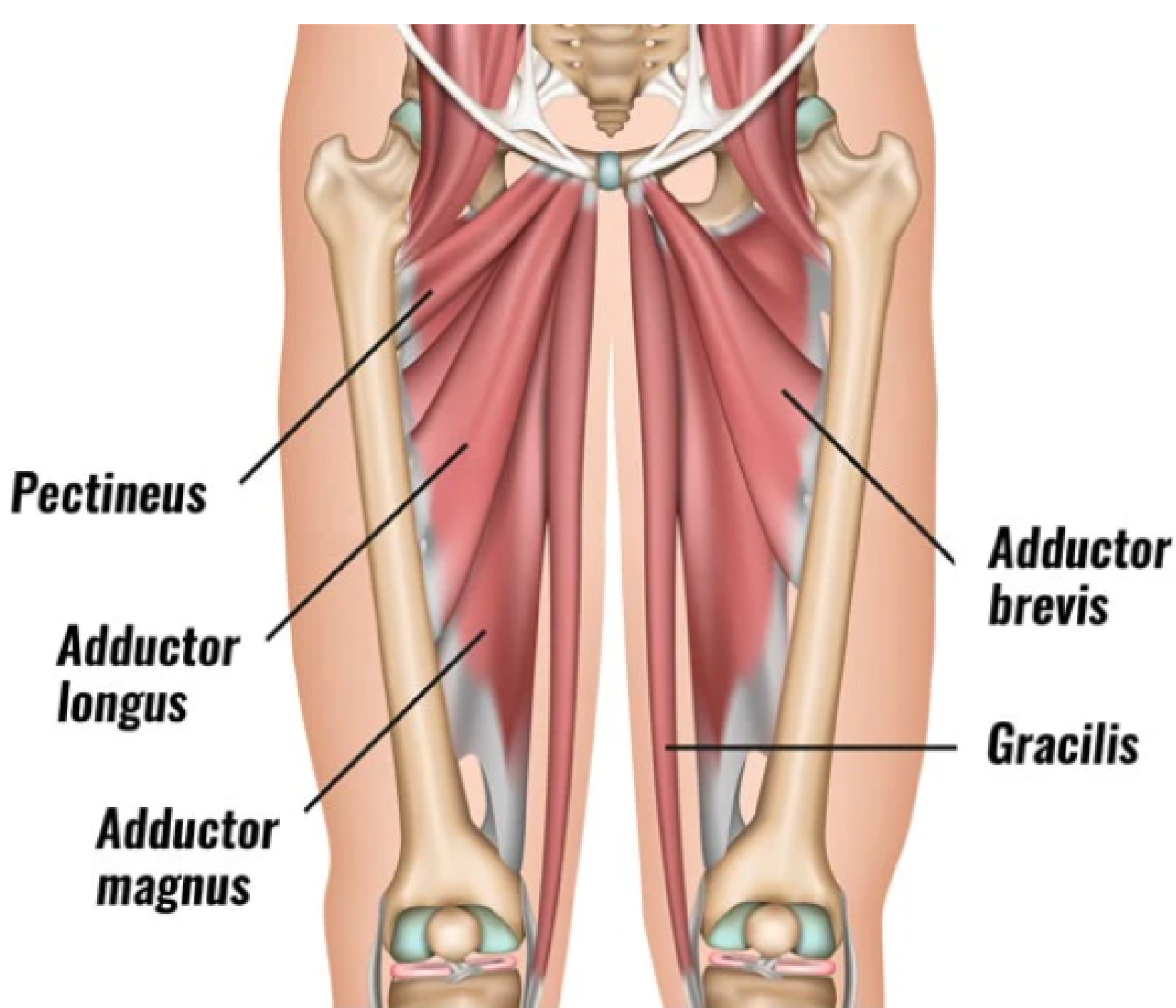
Gluteus  
maximus

The diagram illustrates the musculature of the right leg from a posterior view. The Gluteus maximus is shown as a large, fan-shaped muscle on the left side of the leg. The TFL (Tensor Fasciae Latae) is a long, narrow muscle on the right side, extending from the hip to the knee. The IT Band (Iliotibial Band) is a thick band of connective tissue that runs along the length of the leg, crossing the knee. Labels with leader lines identify each of these structures.

TFL

IT Band

**When the glutes are too weak the  
TFL can become overactive, and  
that can cause knee pain.**



**Action:**  
**Adduct the hip**

**Antagonist: Glute med,  
glute min.**

**They can be overactive,  
which can draw a knee  
inward during squats.**



**Sartorius**

**Action: flex hip+knee,  
external rotation hip...**

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**Antagonist: Depends**

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**The sartorius is the  
longest muscle in the  
body. It is a synergist for  
a bunch of movements.**

**Iliacus**

**Psoas Minor**

**Psoas Major**

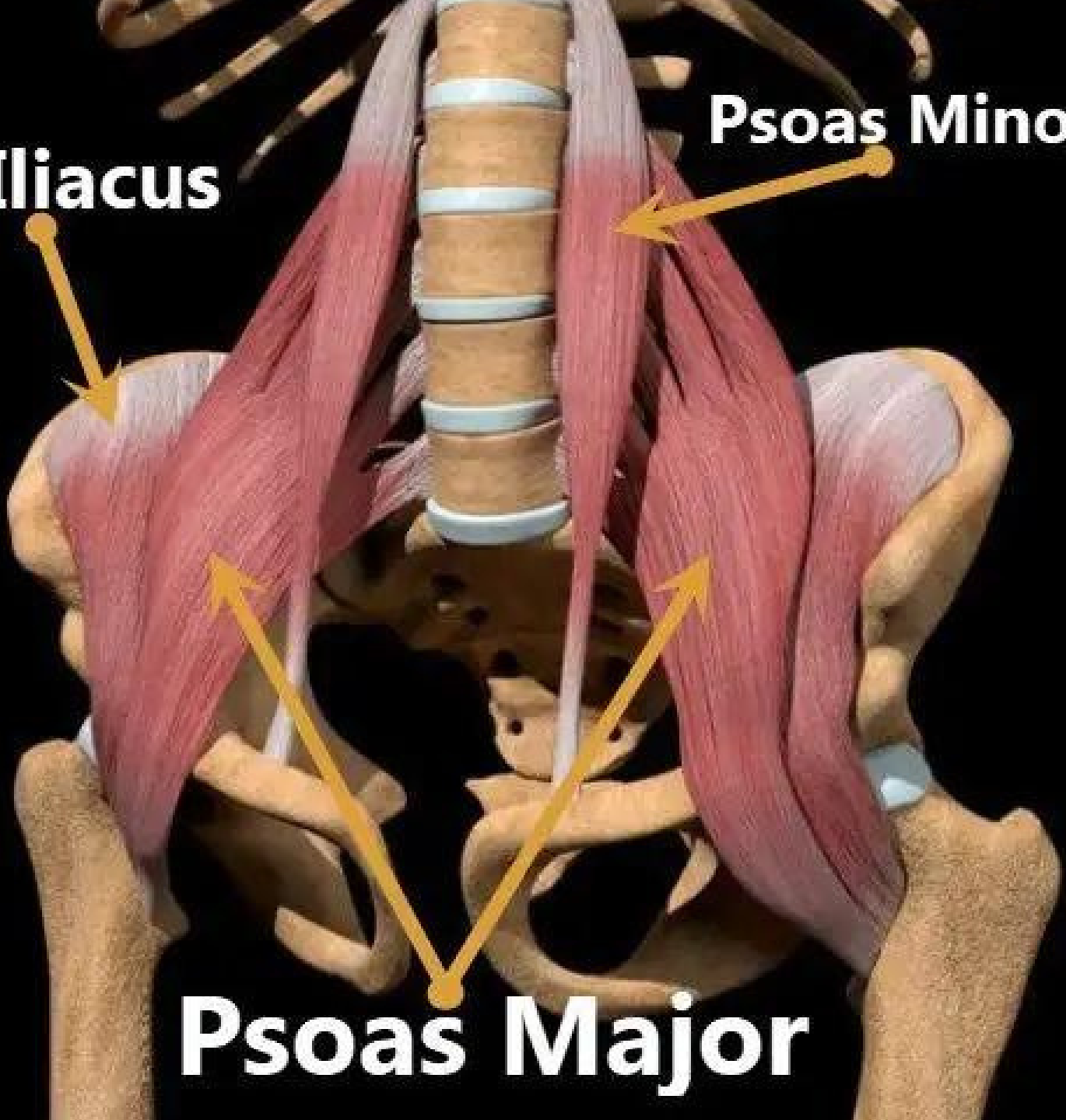
**Action: strong hip flexor,  
assists in hip external rot.**

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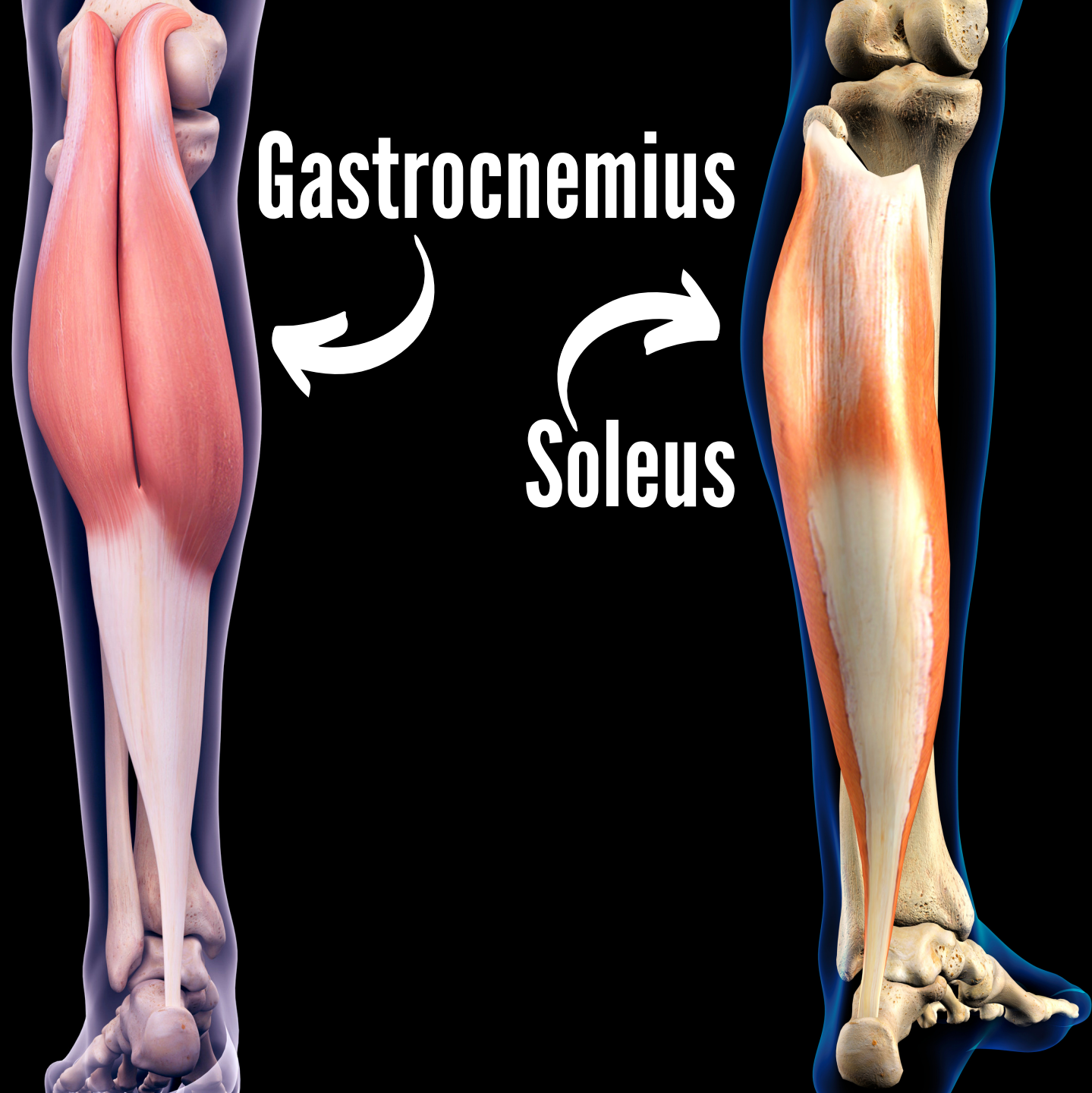
**Antagonist: Glute max.**

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**These three muscles  
make up the "iliopsoas".  
Overtight psoas muscles  
cause problems often.**







**Gastrocnemius**

**Soleus**

**Action: Plantarflexion,  
Gastroc. weak knee flexion**

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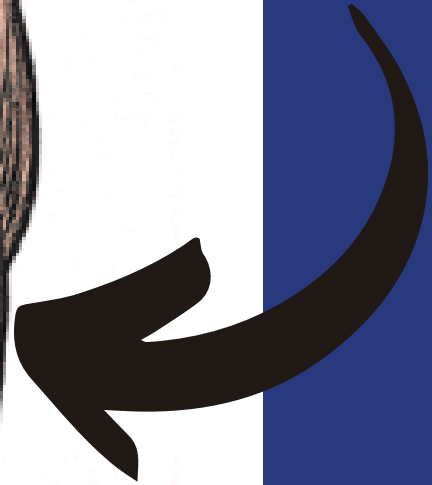
**Antagonist: Tibialis anterior**

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**The gastroc is used more  
for explosive movements  
and the soleus is used  
more for endurance.**



# Tibialis anterior



**Action: Dorsiflexion,  
foot inversion**

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**Antagonist: Gastroc, soleus**

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**Largest muscle on the  
anterior/front part of  
the calf.**

**WE SKIPPED A LOT OF  
LOWER BODY MUSCLES!**



**YOU MAY NEED TO KNOW  
MORE...PROBABLY NOT THOUGH!**