

Bio 22 PAL Worksheet
Muscles of the Lower Limbs

1. Provide the Origin, Insertion, and ALL Actions of the given muscle:

a) Fibularis Longus–

b) Soleus–

c) Gluteus Maximus–

d) Adductor Magnus–

e) Sartorius–

f) Tensor Fasciae Latae–

g) Rectus Femoris–

h) Semitendinosus–

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i) Tibialis Anterior –

j) Semimembranosus –

k) Biceps Femoris

i. Long Head –

ii. Short Head –

l) Gastrocnemius –

m) Vastus (Lateralis, Intermedius, Medialis) –