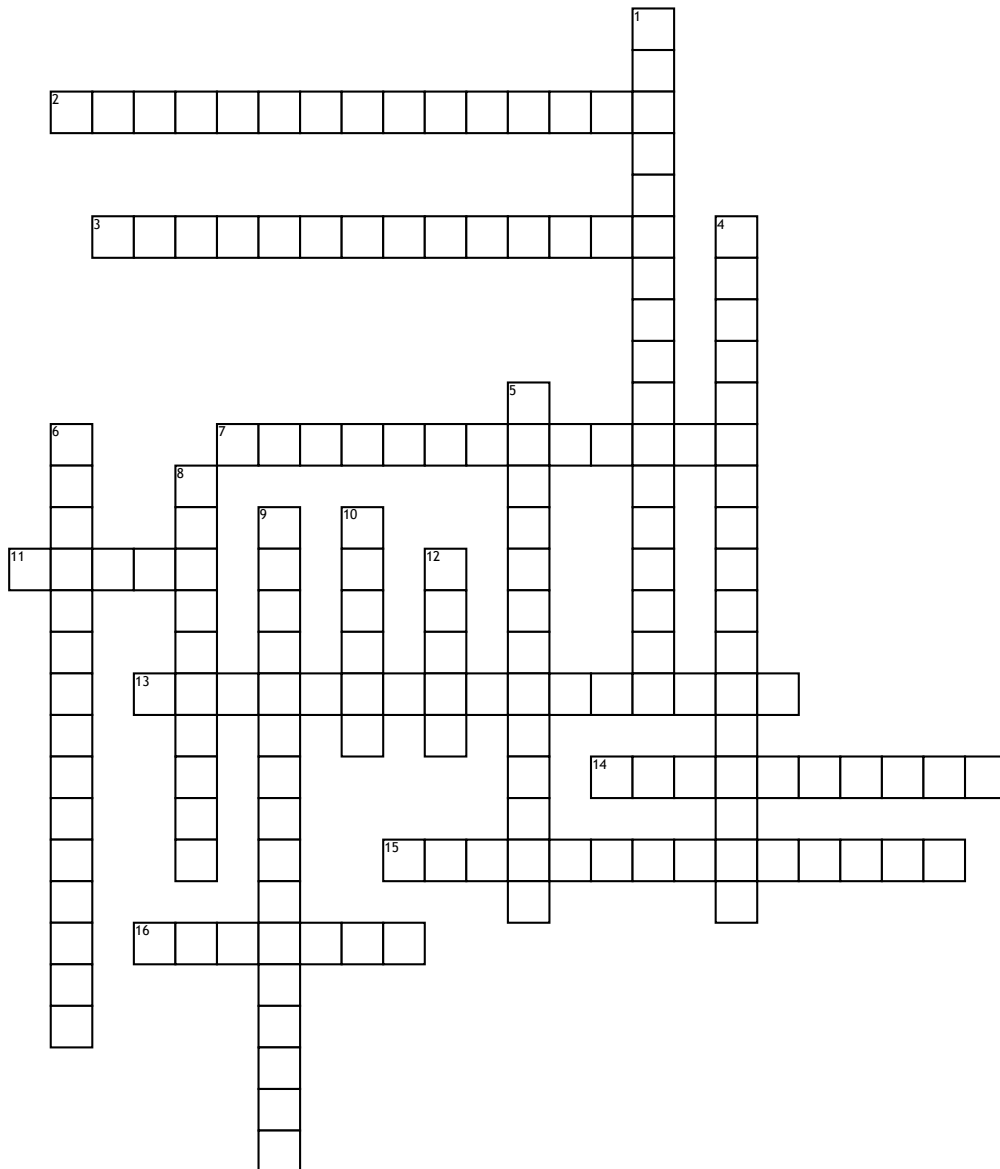


Name: _____

Date: _____

Muscles of the Quadriceps and Hamstrings



Across

2. Most lateral Vastus
3. Most medial Vastus
7. Which hamstring muscle sounds like a combination of biceps brachii and rectus femoris?
11. 1st insertion point for the hamstrings
13. Insertion point of the Quadriceps
14. 2nd origin point of the quadriceps

15. Which muscle hamstring muscle is intermediate?

16. Origin of the Hamstrings

Down

1. What's another word for middle Vastus?
4. Another function of both the quadriceps and hamstrings
5. What is the one muscle of the quadriceps that isn't a Vastus muscle?

6. Which hamstring muscle is the most medial?

8. What 4 muscles are on the anterior side of the leg?

9. One function of both the quadriceps and the hamstrings.

10. 2nd insertion point for the hamstrings

12. 1st origin point of the quadriceps