

Muscles

By:

Quadriceps: Thighs
Function: extends leg

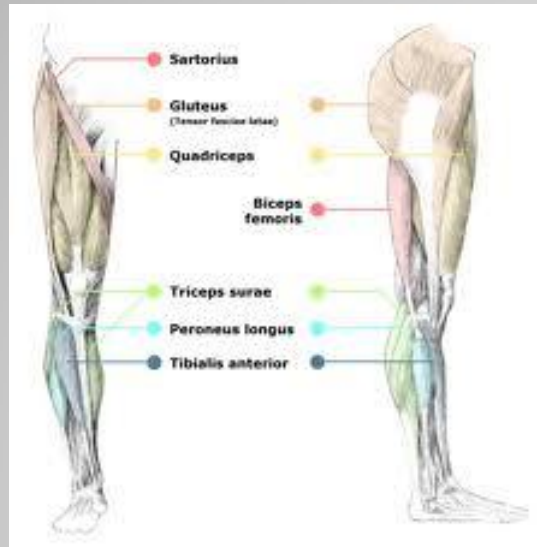
Soleus: Calves
Function: extend the foot

- Quadriceps origination and insert

The quadriceps are located around the femur.

Soleus origination and insert

The soleus is located near the tibia.



- Strengthening exercises



Soleus: do as shown
for both exercises

Quadriceps



Stretches for the quadriceps

1



2



Soleus stretches 3



4



Quadriceps

- Stretch instructions:

1: Try to pull leg all way back to your gluteus maximus, a.k.a quad stretch

2: kneel the back leg at 45 degree angle

3: basically a squat, put your arms out and squat down

4: kneel down on two legs and slowly lower your upper body to the ground behind your legs

- Bibliography of info

- <http://dmmessage.com/soleus-muscle/>