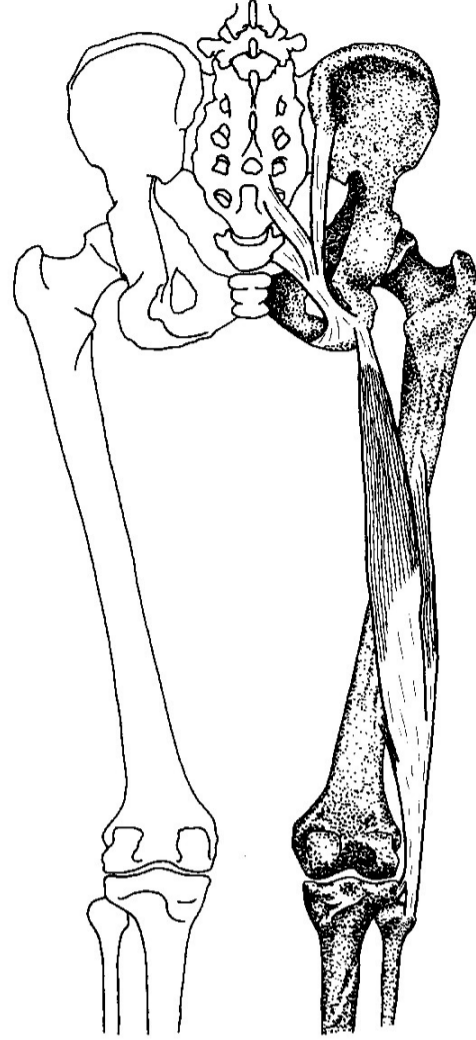


Biceps Femoris /hamstrings /stretched with
 (almost stiff legged dead- lifts)
Light weight only ,stretches hamstrings + stretches spine interconnected muscles

BICEPS FEMORIS



Hip and thigh—posterior view

Origin

Long head—ischial tuberosity, sacrotuberous ligament

Short head—linea aspera, lateral supracondylar ridge, lateral intermuscular septum

Lateral side of head of fibula and lateral condyle of tibia

Insertion

Action

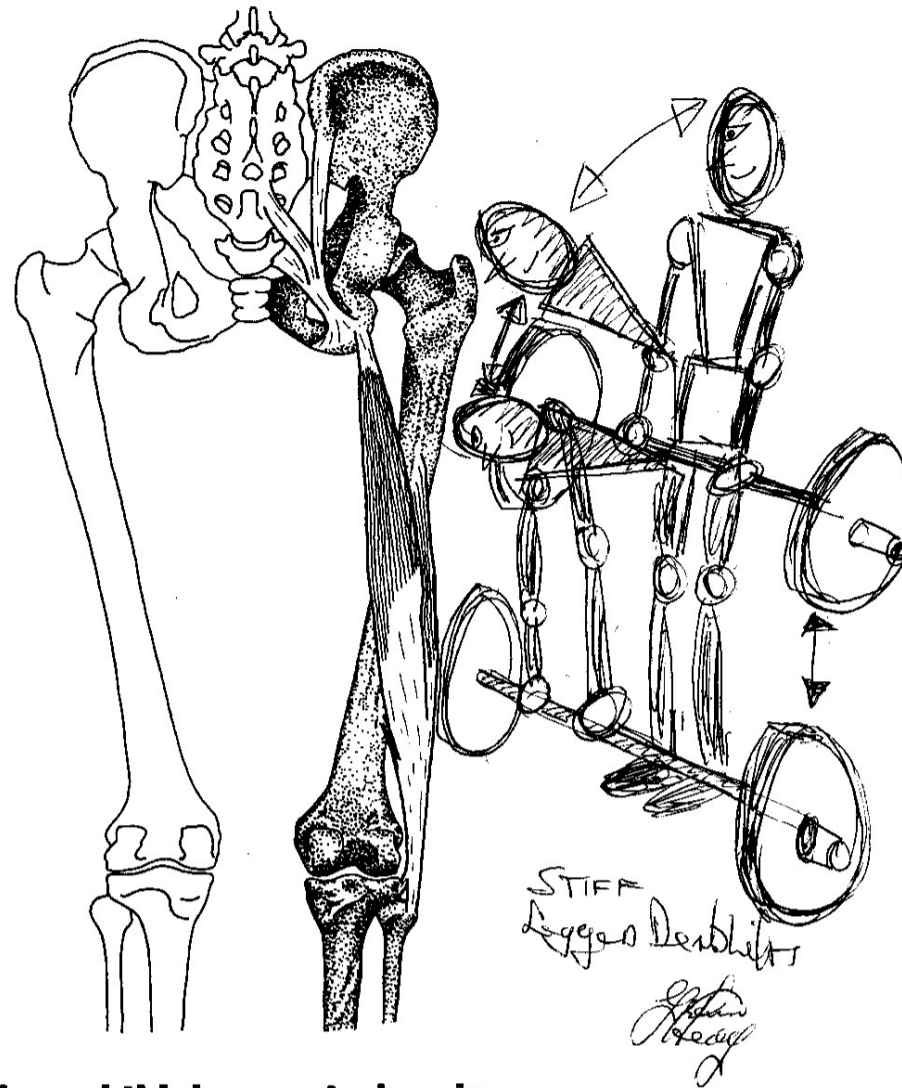
Flexes leg at knee joint, long head also extends thigh at hip joint

Nerve

Long head—tibial part of sciatic nerve (S1–S3)

Short head—common peroneal part of sciatic nerve (L5, S1, S2)

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