

Posterior Leg

Gluteus Maximus

Biceps Femoris

Hamstrings;
1 of 3 muscles
in group on
posterior thigh

Gastrocnemius

2 bellies on
posterior leg;
plantar flexion,
and flexion
of leg

Soleus

Flat muscle
"filet of sole";
plantar flexion

Semitendinosus

Hamstrings;
1 of 3 muscles
in group on
posterior thigh

Semimembranosus

Hamstrings;
1 of 3 muscles
in group on
posterior thigh

Calcaneal (achilles) Tendon

Attaches gastrocnemius
and soleus to heel
bone; important in
walking and running



PREVIOUS

HIDE ALL

NEXT

