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## Body 101 – Hamstring Complex

The hamstring complex plays a crucial role in everyday activities such as walking, running and jumping so it is important for it to be functioning properly.

Your hamstring complex is located in the back of your leg and consists of 4 parts:

- The bicep femoris – long head
- The bicep femoris – short head
- The semitendinosus
- The semimembranosus

The muscles that make up the hamstring complex each have several functions and must work together to assist with proper gait patterns. The hamstring complex helps with hip extension, knee flexion and tibial internal/external rotation. All muscles work in all planes of motion and have 3 different functions that help move concentrically, eccentrically and isometrically. The hamstring complex helps with stabilizing the knee and lumbo pelvic hip complex (LPHC) as well as slowing down knee extension and help flexion.

If your activities consist of running, playing sports or explosive movement be sure to warm up and stretch properly to prevent injury. As always, be sure to consult with a professional to learn how to safely and properly work the hamstring depending on what your goals are.

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

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