



Get Fit. **Life Tip.**

## Body 101 – Quadricep Complex

When you are walking, running, jumping, squatting you are engaging your quadriceps; swings the leg forward by extending the knee and flexing the hip.

The Quadricep Complex (aka quads) are located in the front and sides of the leg (surrounding the femur) and are made up of 4 large muscles:

Rectus Femoris – in the middle of the thigh (covers most of the other 3 muscles)

Vastus Lateralis – on the outer side of the thigh

Vastus Medialis – on the inner part of the thigh

Vastus Intermedius – on top/front of the thigh

All four quadricep muscles are attached to the patella (knee cap) and their primary isolated function is knee extension and they play a huge role in stabilizing the knee and the lumbo pelvic hip complex (LPHC). The integrated functions of the quadriceps are to help decelerate knee flexion, adduction and internal rotation.

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

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