



Name: _____

Modeling the Core Muscles Worksheet

Muscle Name	Origin	Insertion
Transverse Abdominis		
Rectus Abdominis		
External Oblique & Aponeurosis		
Internal Oblique & Aponeurosis		
Semimembranosus		
Semitendinosus		
Biceps Femoris		
Vastus Lateralis		
Vastus Medialis		
Vastus Intermedius		
Rectus Femoris		
Sartorius		
Gluteus Maximus		
Gluteus Medius		
Tensor Fasciae Latae		
Iliotibial Tract (IT) Band		
Psoas Major		
Iliacus		
Quadratus Lumborum		
Erector Spinae		
Multifidus		
Latissimus Dorsi & Thoracolumbar Fascia		

Order	Muscle Name	Plan/Design/Measures/Comments
	Transverse Abdominis	
	Rectus Abdominis	
	External Oblique & Aponeurosis	
	Internal Oblique & Aponeurosis	
	Semimembranosus	
	Semitendinosus	
	Biceps Femoris	
	Vastus Lateralis	
	Vastus Medialis	
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