

ANATOMY OF THE HAMSTRINGS

 @healthbykilo

KILO

BICEPS FEMORIS

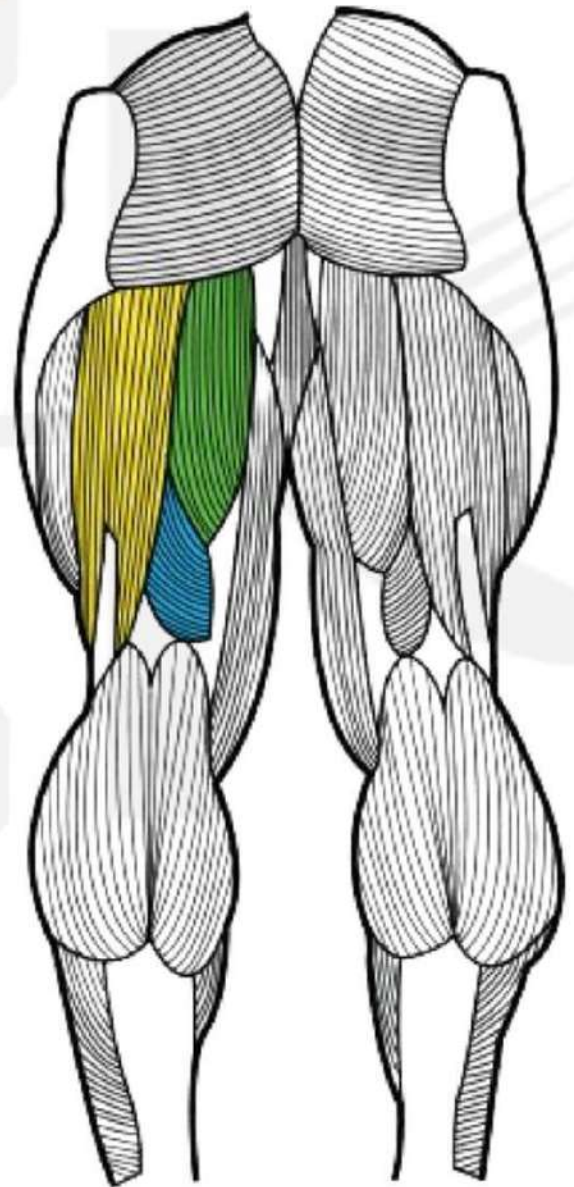
Main hamstring muscle.

SEMIMEMBRANOSUS

Lower inner hamstring muscle.

SEMITENDINOSUS

Upper inner hamstring muscle.



HEALTH

LIKE | COMMENT | SHARE

SAVE FOR
LATER



BICEPS FEMORIS



**LYING HAMSTRING
CURLS**



**LYING DUMBBELL
HAMSTRING CURLS**



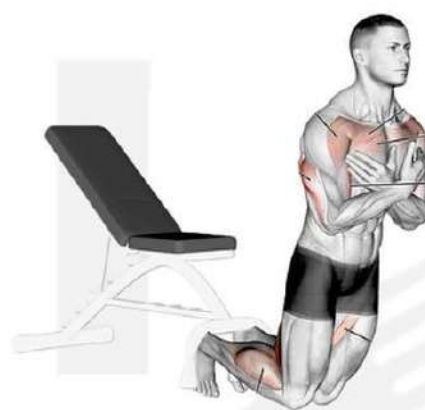
GOODMORNINGS

SEMIMEMBRANOSUS



**ROMANIAN
DEADLIFTS**

The eccentric phase of this exercise works the semimembranosus the best!



**NORDIC HAMSTRING
CURLS**

The concentric phase of this exercise works the semimembranosus the best!



SEMITENDINOSUS



STANDING CABLE HIP EXTENSIONS

Use light weights and slow controlled reps for isolating the semitendinosus.

