

Muscle	Group	Flexion	Extension	Abduction	Adduction	Internal Rotation	Outward Rotation
Iliopsoas		Primary					
Sartorius		Primary		Assistant			Assistant
Rectus Femoris*		Quadriceps		Primary			Assistant
Pectineus		Primary			Primary		
Tensor Fascia Latae		Assistant		Assistant			Primary
Semitendinosus	Hamstrings		Primary			Assistant	
Semimembranosus			Primary			Assistant	
Biceps Femoris			Primary				
Gluteus Maximus	Gluteus		Primary	Assistant	Assistant		
Gluteus Medius		Assistant	Assistant	Primary	Assistant		
Gluteus Minimus		Assistant	Assistant	Assistant	Primary		
Obturator (three)							Primary
Gemellus (three)							Primary
Piriformis							Primary
Adductor Longus	Adductors	Assistant			Primary	Assistant	
Adductor Brevis		Assistant			Primary	Assistant	
Adductor Magnus		Assistant			Assistant	Primary	
Gracilis		Assistant		Assistant	Assistant	Assistant	

\* Note: Only Quadriceps muscle to insert above the hip