

## Where does the power come from?

TA - tibialis anterior

SOL - soleus

GA - gastrocnemius

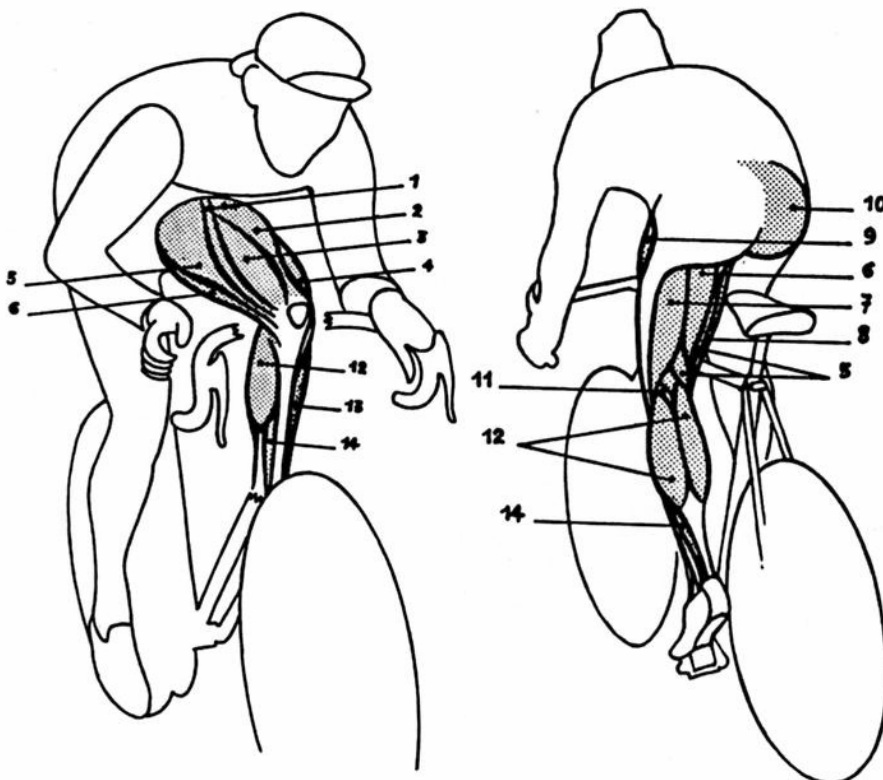
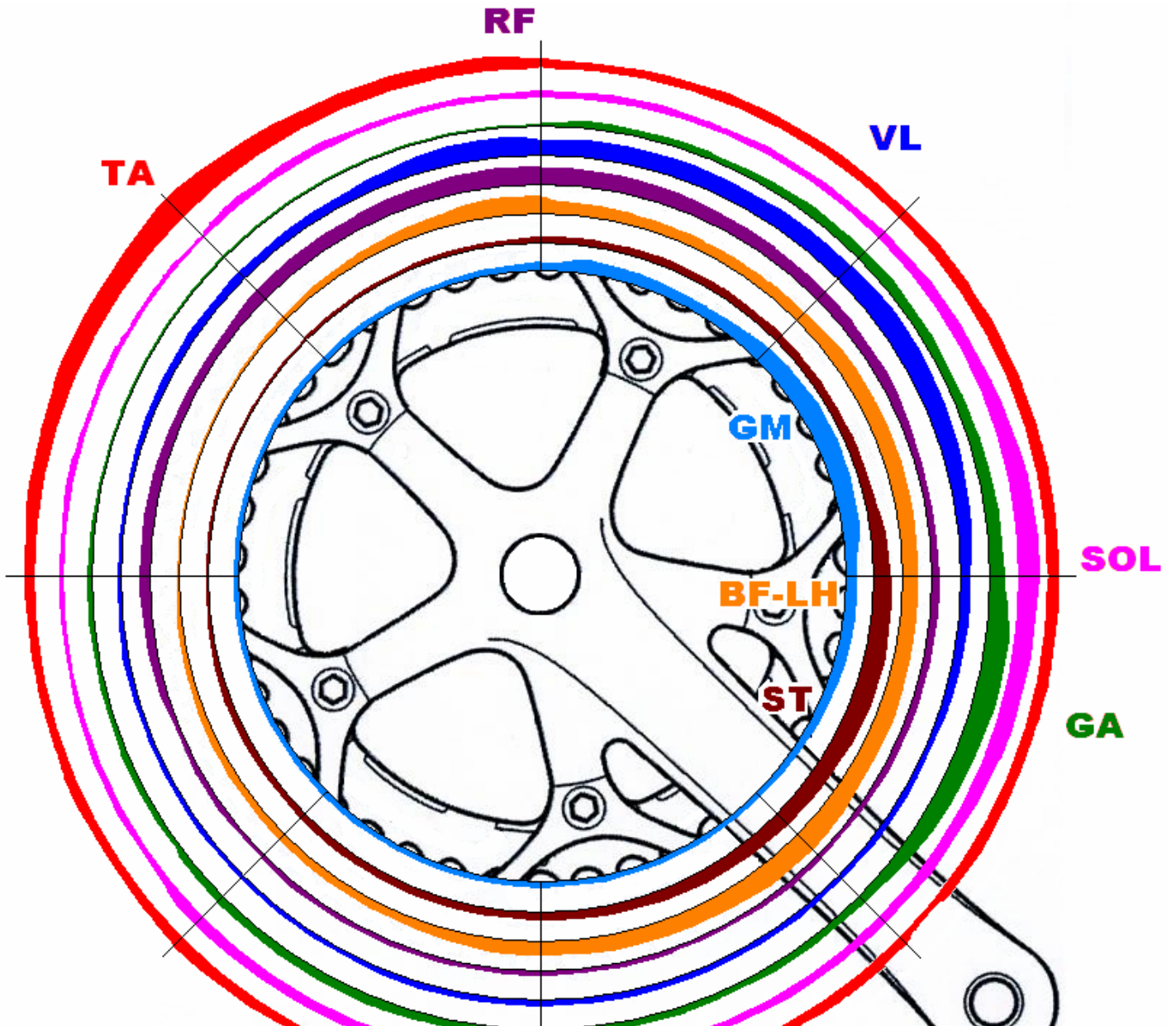
VL - vastus lateralis

RF - rectus femoris

ST - semitendinosus

GM - gluteus maximus

BF-LH - long head of the hamstring biceps femoris



The principal muscles used in pedaling

1. sartorius
  2. rectus femoris
  3. vastus medialis
  4. vastus lateralis
  5. semimembranosus
  6. semitendinosus
  7. biceps femoris
  8. gracilis
  9. tensor fascia lata
  10. gluteus maximus
  11. popliteus
  12. gastrocnemius and soleus
  13. tibialis anterior
  14. peroneus
- } quadriceps  
 } hamstring  
 } triceps surae