<table>
<thead>
<tr>
<th>1.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
</tr>
<tr>
<td>5.</td>
</tr>
<tr>
<td>6.</td>
</tr>
<tr>
<td>7.</td>
</tr>
<tr>
<td>8.</td>
</tr>
</tbody>
</table>

**Diagram:**

- A: Hip flexor muscles
- B: Hamstrings
- C: Quadriceps
- D: Rectus femoris
- E: Patellar tendon
- F: Femur
- G: Patella
- H: Tendon

**Legend:**

- A: Hip flexor muscles
- B: Hamstrings
- C: Quadriceps
- D: Rectus femoris
- E: Patellar tendon
- F: Femur
- G: Patella
- H: Tendon

**Notes:**

- 1. Increase knee flexion against resistance
- 2. Decrease hip flexion against resistance
- 3. Decrease knee flexion against resistance
- 4. Increase hip flexion against resistance
- 5. Decrease knee flexion against resistance
- 6. Increase hip flexion against resistance
- 7. Decrease knee flexion against resistance
- 8. Decrease hip flexion against resistance

**Questions:**

- 1. What is the primary muscle involved in this exercise?
- 2. What is the secondary muscle involved in this exercise?
- 3. What is the third muscle involved in this exercise?
- 4. What is the fourth muscle involved in this exercise?
- 5. What is the fifth muscle involved in this exercise?
- 6. What is the sixth muscle involved in this exercise?
- 7. What is the seventh muscle involved in this exercise?
- 8. What is the eighth muscle involved in this exercise?