

# Resource Sheet 2021

## Topside Muscles - Information Sheet

**Topside Whole**  
(not trimmed)



**1. Main Topside Muscle**  
(Semimembranosus)



**2. Tender Top Muscle**  
(Adductor)



**3. Gracilis Muscle**



**4. Topside Flap Muscle**  
(Sartorius)



**5. Small Side Bullet Muscle**  
(Pectineus)



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