

- For example: the **biceps** and **triceps** muscles work to flex and extend the human **arm**.  
**Muscle is attached to bones by tendons.**

The biceps is attached by **tendons** to the **scapula** (shoulder blade) and to the **radius**, **which is the smaller of the two bones in the forearm.**

**When contracted, the biceps flexes the arm.**

- **The triceps** is attached at its **upper end** to the **scapula** and also to the **humerus**, **which is the single bone in the upper arm.**
- At its lower end, the triceps is attached to **the ulna**, **the larger of the bones** in the **forearm**.
- **When the triceps contracts**, it **extends** the arm by **strengthening the elbow**.
- **The biceps and the triceps** are referred to as **an antagonistic pair of muscles** as **they exert force in opposite directions.**
- **Antagonistic pairs of muscles** create movement when: **one contracts and the other relaxes.**  
Another example of an antagonistic pair is the **quadriceps** and **hamstrings** in the leg.