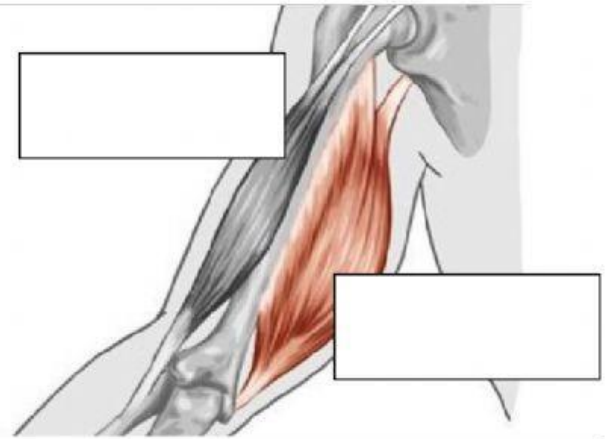
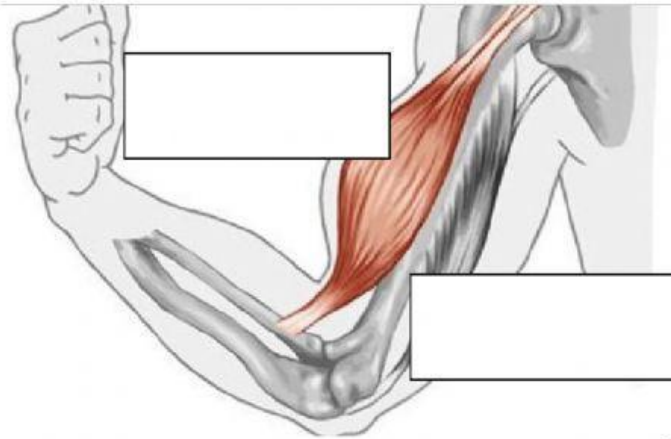


ANTAGONISTIC PAIRS IN THE ARMS



Triceps contract

Biceps relax

Triceps relax

Arm straightens out

Biceps contract

Arm bends