

MUSCLE PAIRS AND CONTRACTIONS WORKSHEET

Complete the muscle pairs and type of contraction involved in the following situations



He's holding the squat position.

Contraction type:

Agonist muscle/s:

Antagonist muscle:



She's doing full squats. Moving up and down.

Contraction type going down:

Contraction type going up:

Agonist muscle/s:

Antagonist muscle:



He's moving the weight up and down.

Contraction type:

Agonist muscle/s:

Antagonist muscle:



He's moving up and down

Contraction type:

Agonist muscle/s:

Antagonist muscle:

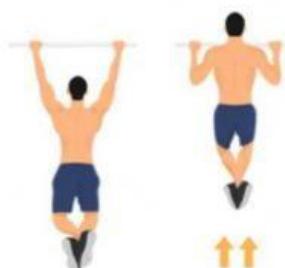


He's holding the weight, not moving

Contraction type:

Agonist muscle/s:

Antagonist muscle:



He's doing pull-ups, moving

Contraction type:

Agonist muscle/s:

Antagonist muscle:

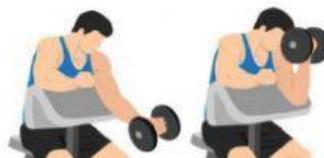


He's moving the weights up and down

Contraction type:

Agonist muscle/s:

Antagonist muscle:



He's only moving the weight down slowly

Contraction type:

Agonist muscle/s:

Antagonist muscle:



She's doing front split squats

Contraction type going down:

Contraction type going up:

Agonist muscle/s:

Antagonist muscle: