

# 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:

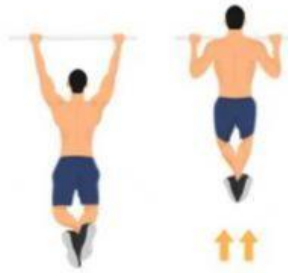


**He's holding the weight, not moving**

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: