

- 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.