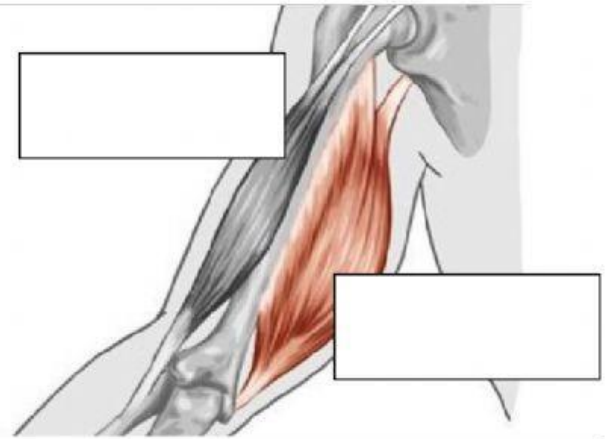
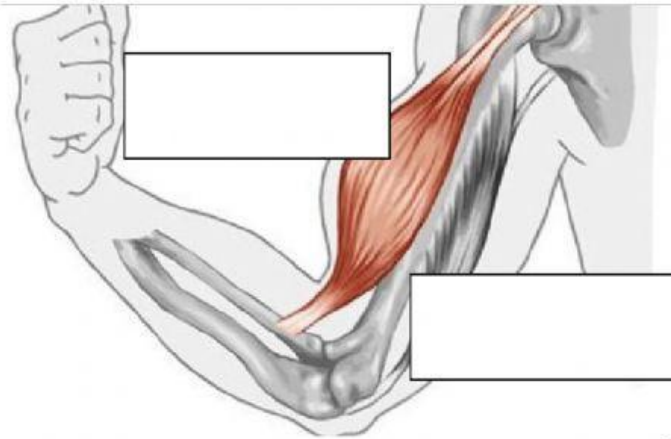


ANTAGONISTIC PAIRS IN THE ARMS



Triceps contract

Triceps relax

Biceps contract

Biceps relax

Arm straightens out

Arm bends