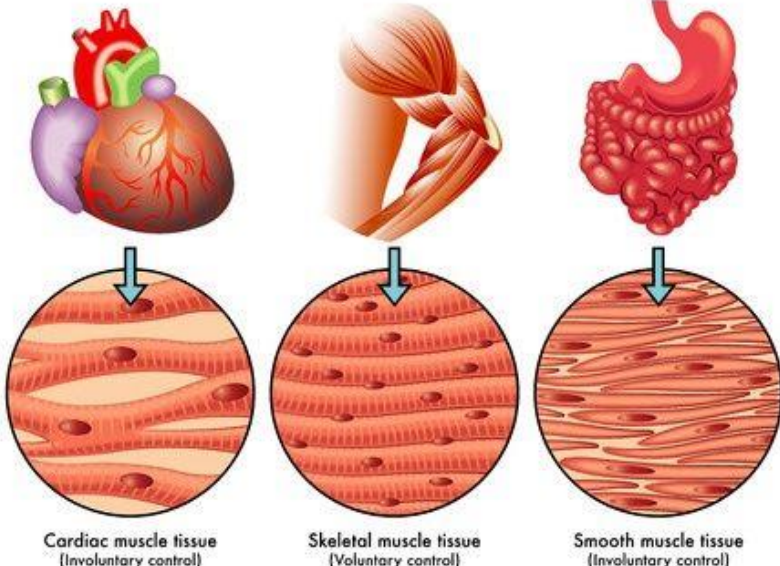
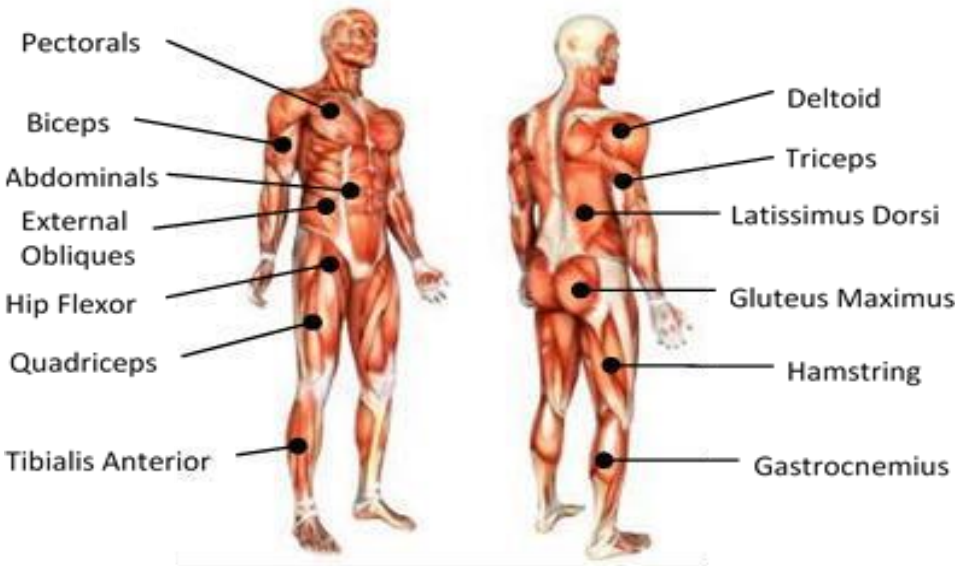


Spring 1 - Muscular System, Guidance

Muscle Locations	Types of Muscles
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Antagonistic Pairs	Examples of Antagonistic Pairs	How do they work?
<p>Diagram illustrating the antagonistic pair of muscles during arm extension:</p> <ul style="list-style-type: none">Agonist: triceps contractsAntagonist: biceps relaxesMovement: Extension	<ul style="list-style-type: none">Biceps and TricepsQuadriceps and HamstringsHip Flexors and Gluteus MaximusGastrocnemius & Tibialis Anterior	<ul style="list-style-type: none">As one muscle contracts (shortens), the other relaxes (lengthens).Agonist: the muscles that contracts to cause the movement.Antagonist: the muscle that relaxes to allow the movement to occur.