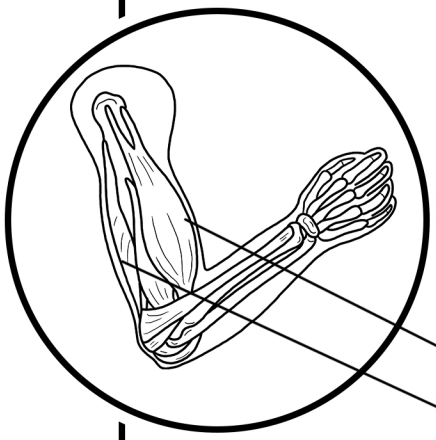
A CLOSER LOOK AT
ANTAGONISTIC PAIRS

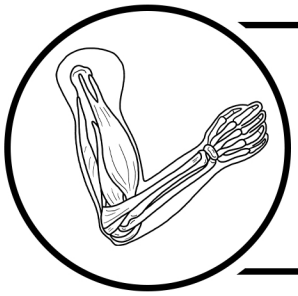


Muscles can only pull, so they work in antagonistic pairs. The agonist contracts to make a movement while the antagonist relaxes. Then they switch roles to move the bone back.

AN ANTAGONISTIC PAIR IS MADE UP OF:

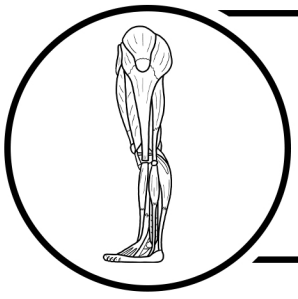
- **Agonist**
- **Antagonist**





BICEPS AND TRICEPS

The bicep contracts to bend the elbow while the tricep relaxes. The tricep contracts to straighten the elbow while the bicep relaxes.



QUADRICEPS AND HAMSTRINGS

The hamstrings contract to bend the knee while the quadriceps relax. The quadriceps contract to straighten the knee while the hamstrings relax.



TIBIALIS ANTERIOR AND GASTROCNEMIUS

The tibialis anterior contracts to lift the toes while the gastrocnemius relaxes. The gastrocnemius contracts to point the toes and lift the heel while the tibialis anterior relaxes.

Images (c) Color Idea, KA Fonts