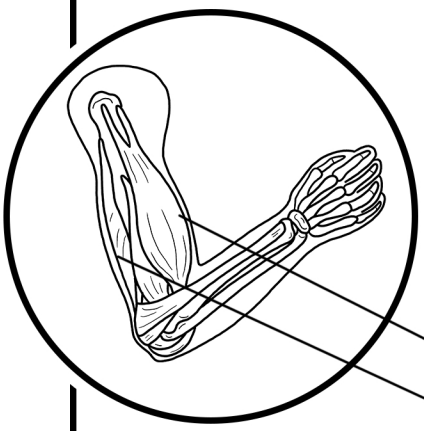
A CLOSER LOOK AT

ANTAGONISTIC PAIRS

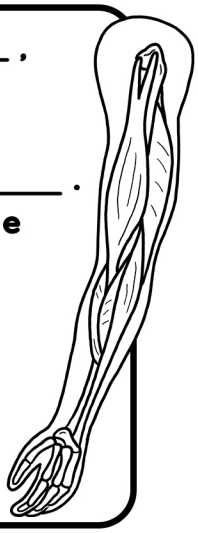


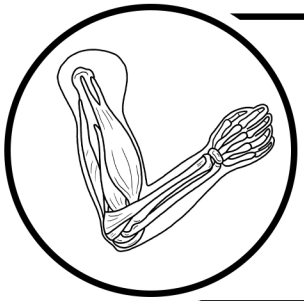
Muscles can only _____ , so they work in antagonistic pairs. The agonist contracts to make a movement while the antagonist_____ . Then they switch roles to move the bone back.

AN ANTAGONISTIC PAIR IS MADE UP OF:

_____

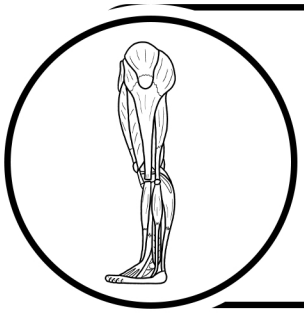
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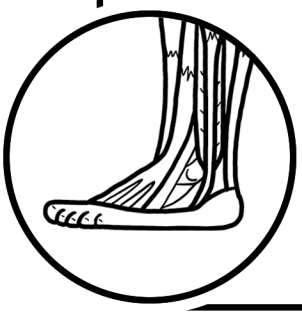
_____

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



_____

The hamstrings contract to bend the_____ while the quadriceps relax. The quadriceps contract to_____ the knee while the hamstrings relax.



_____

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

Agonist	knee	pull	Tibialis Anterior and Gastrocnemius
Antagonist	lift	relaxes	tricep
bicep	Quadriceps and Hamstrings	straighten	
Biceps and Triceps	point		

SUPERSTARWORKSHEETS

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