What are the two types of muscles?
Type 1
Type 2

What are the characteristics of Type 1 muscles?
More capillaries
Increased oxygen delivery
smaller in size
Less force produced
Slow to fatigue
Slow twitch

What are the characteristics of Type 2 muscles?
Fewer capillaries
Decreased Oxygen delivery
Larger in size
More Force produced
Quick to fatigue
Fast twitch

What are the four muscle categories?
Agonist
Synergyst
Stabilizer
Antagonist

Which muscle type is the Prime mover?
Agonist

Which muscle type assists the prime mover?
Synergest

Which muscle type stabilizes while the prime mover and synergist work?
Stabilizer

Which muscle type oposes the prime mover?
Antagonist

Following muscles are:
Chest Press (Pectoralis Major)
Overhead press (Deltoid)
Row (Latissimus Dorsi)
Squat (Gluteus Max, Quad)
Agonist - Prime Mover
The Following muscles are:
- Chest Press (Anterior Deltoid, triceps)
- Row (Posterior Deltoid, biceps)
- Squat (Hamstrings)
- Synergists

The following muscles are:
- Chest Press (Rotator Cuff)
- Overhead Press (Rotator Cuff)
- Row (Rotator Cuff)
- Squat (Transverse Abdominus)
- Stabilizer

The following muscles are:
- Chest Press (Posterior Deltoid)
- Overhead Press (Lattisimus Dorsi)
- Row (Pectroalis Major)
- Squat (Psoas)
- Antagonist