

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

Synergist

Stabilizer

Antagonist

Which muscle type is the Prime mover?

Agonist

Which muscle type assists the prime mover?

Synergist

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

Stabilizer

Which muscle type opposes the prime mover?

Antagonist

Following muscles are:

Chest Press (Pectoralis Major)

Overhead press (Deltoid)

Row (Latissimus Dorsi)

Squat (Gluteus Max, Quad)

Agonist - Prime Mover

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The Following muscles are:

Chest Press (Anterior Deltoid, triceps)

Row (Posterior Deltoid, biceps)

Squat (Hamstrings)

Synergists

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The following muscles are:

Chest Press (Rotator Cuff)

Overhead Press (Rotator Cuff)

Row (Rotator Cuff)

Squat (Transverse Abdominus)

Stabilizer

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The following muscles are:

Chest Press (Posterior Deltoid)

Overhead Press (Lattisimus Dorsi)

Row (Pectoralis Major)

Squat (Psoas)

Antagonist