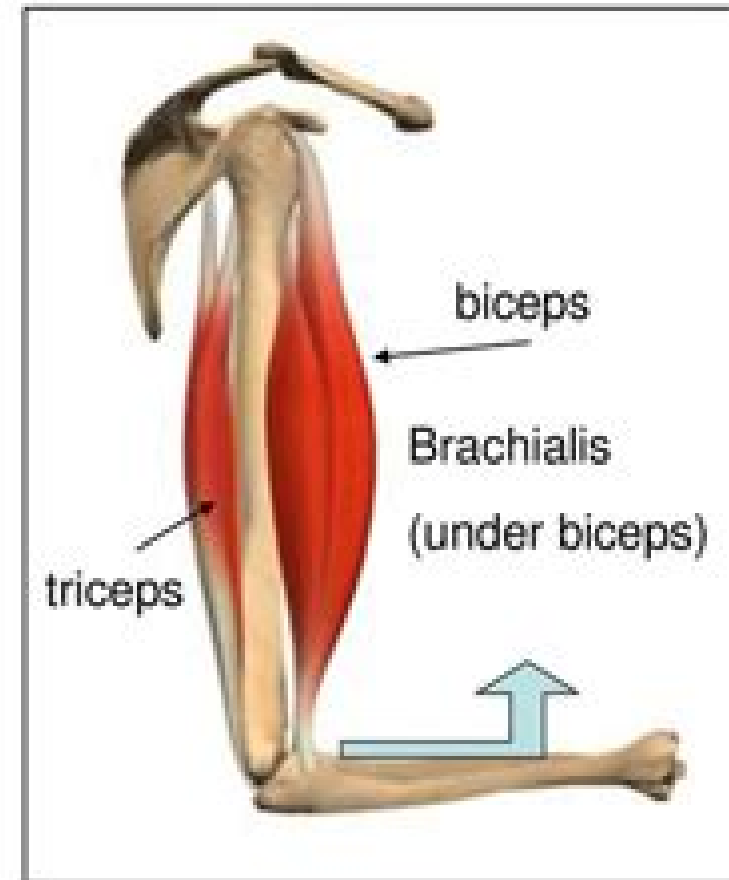


Muscle work in groups

- Prime mover (agonist) Muscle primarily responsible for movement
 - Ex. Deltoid-abducting arm/biceps-arm flexion
- Synergist assist prime mover
 - Make movements more smooth and efficient
 - Ex. Rotator cuff deltoid in arm Abduction
- Antagonist performs opposite of agonist
 - Ex. Triceps/biceps; quad/hamstrings



Prime Movements

JL Elias



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