

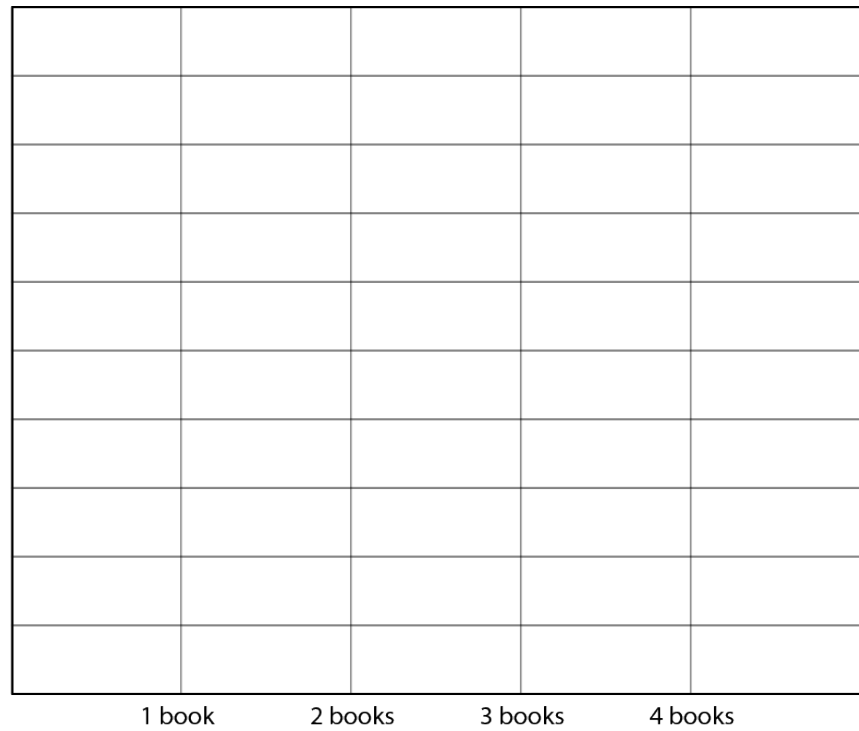
My first & last name is: _____

Activity	Biceps RMS	Triceps RMS
Elbow flexion		
Elbow extension		
one book		
two books		
three books		
four books		

Based on the values you recorded in the table above, and your observations, answer the following questions.

1. During **elbow flexion**, which muscle is the prime mover and which is the antagonist? How did their EMG values compare?
2. During **elbow extension**, which muscle is the prime mover and which is the antagonist? How did their EMG values compare?
3. The antagonist was somewhat active in both activities. Why might that occur if it's antagonizing the intended action?
4. Use the empty graph below to plot the **Biceps RMS** values for the different books.

Mean Biceps RMS



Number of Books

5. Describe the pattern you see in the graph. How does the muscle create more tension to hold more weight?