

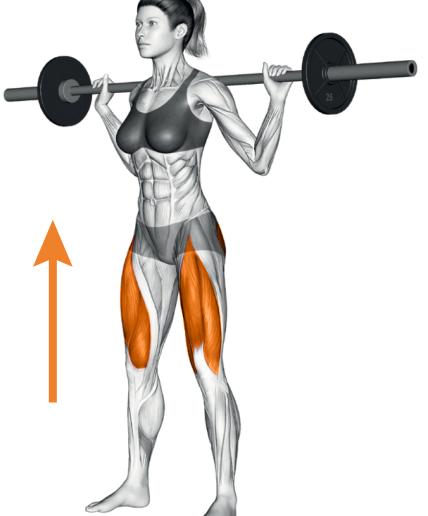
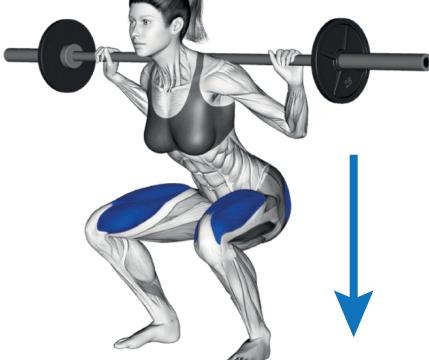
# MUSCLE CONTRACTIONS DURING EXERCISES

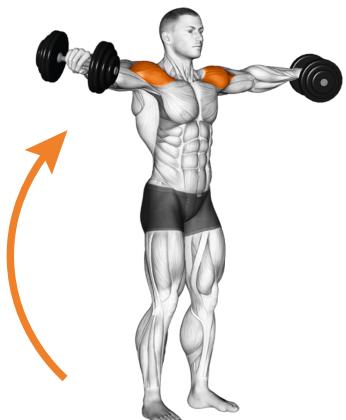
## CONTRACTION TYPES:

**Concentric:** Muscle **shortens** under contraction

**Eccentric:** Muscle **lengthens** under contraction

**Isometric:** Muscle stays the **same length** under contraction

BICEP CURL CONCENTRIC:	BICEP CURL ECCENTRIC:	BICEP CURL ISOMETRIC:
 Bicep Curl Concentric Contraction = Muscle shortens under tension <ul style="list-style-type: none"> <li>- Bicep concentrically contracts/shortens</li> </ul>	 Bicep Curl Eccentric Contraction = Muscle lengthens under tension <ul style="list-style-type: none"> <li>- Bicep eccentrically contracts/lengthens</li> </ul>	 Bicep Curl Isometric hold = The muscle length stays the same under tension <ul style="list-style-type: none"> <li>- Biceps isometrically contracting</li> </ul>
SQUAT CONCENTRIC:	SQUAT ECCENTRIC:	SQUAT ISOMETRIC:
 Squat Concentric Contraction = Muscle shortens under tension <ul style="list-style-type: none"> <li>- Gluteals concentrically contract/shorten</li> <li>- Quadriceps concentrically contract/shorten</li> </ul>	 Squat Eccentric Contraction = Muscle lengthens under tension <ul style="list-style-type: none"> <li>- Gluteals eccentrically contract/lengthen</li> <li>- Quadriceps eccentrically contract/lengthen</li> </ul>	 Squat Isometric Hold = The muscle length stays the same under tension <ul style="list-style-type: none"> <li>- Gluteals isometrically contracting</li> <li>- Quadriceps isometrically contracting</li> </ul>

**LATERAL RAISE CONCENTRIC:**

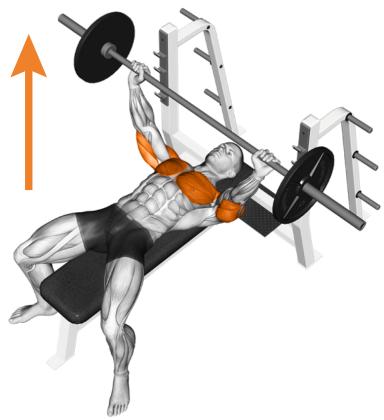
Lateral Raise Concentric Contraction = Muscle shortens under tension  
- Deltoids concentrically contract/shorten

**LATERAL RAISE ECCENTRIC:**

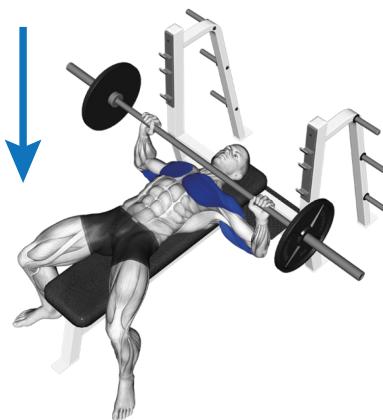
Lateral Raise Eccentric Contraction = Muscle lengthens under tension  
- Deltoids eccentrically contract/lengthen

**LATERAL RAISE ISOMETRIC:**

Lateral Raise Isometric Hold = The muscle length stays the same under tension  
- Deltoids isometrically contracting

**BARBELL BENCH PRESS CONCENTRIC:**

Bench Press Concentric Contraction = Muscle shortens under tension  
- Anterior Deltoid concentrically contract/shorten  
- Pectorals concentrically contract/shorten  
- Triceps concentrically contract/shorten

**BARBELL BENCH PRESS ECCENTRIC:**

Bench Press Eccentric Contraction = Muscle lengthens under tension  
- Anterior Deltoid eccentrically contract/lengthen  
- Pectorals eccentrically contract/lengthen  
- Triceps eccentrically contract/lengthen

**BARBELL BENCH PRESS ISOMETRIC:**

Bench Press Isometric Hold = The muscle length stays the same under tension  
- Anterior Deltoid isometrically contracting  
- Pectorals isometrically contracting  
- Triceps isometrically contracting

**LYING HAMSTRING CURL CONCENTRIC:**

Hamstring Curl Concentric Contraction = Muscle shortens under tension  
- Hamstrings concentrically contracts/shortens

**LYING HAMSTRING CURL ECCENTRIC:**

Hamstring Curl Eccentric Contraction = Muscle lengthens under tension  
- Hamstrings eccentrically contract/lengthen

**LYING HAMSTRING CURL ISOMETRIC:**

Hamstring Curl Isometric Hold = The muscle length stays the same under tension  
- Hamstrings isometrically contracting