

# MUSCLE ROLES DURING EXERCISE

## MUSCLE ROLES KEY:

**Agonist/Prime mover:** Muscle directly responsible for the desired movement

**Antagonist:** Muscle that causes the opposite action to the agonist

**Synergist:** Muscle that assists the prime mover

**Fixator:** Muscle that stabilises the origin of the prime mover

## BICEP CURL MUSCLE ACTIONS:



### Agonist:

- Biceps

### Antagonist:

- Triceps

### Fixators:

- Deltoids

## LATERAL RAISE MUSCLE ACTIONS:



### Agonist:

- Deltoids

### Antagonist:

- Latissimus Dorsi

### Synergist:

- Serratus Anterior
- Trapezius

### Fixators:

- Pectorals

## SQUAT MUSCLE ACTIONS:



### Agonist:

- Quadriceps

### Antagonist:

- Hamstrings

### Synergist:

- Gluteals
- Soleus
- Adductors

### Fixators:

- Hip Flexors

# MUSCLE ROLES DURING EXERCISE

## LYING LEG CURL MUSCLE ACTIONS:



### • Agonist:

- Hamstrings

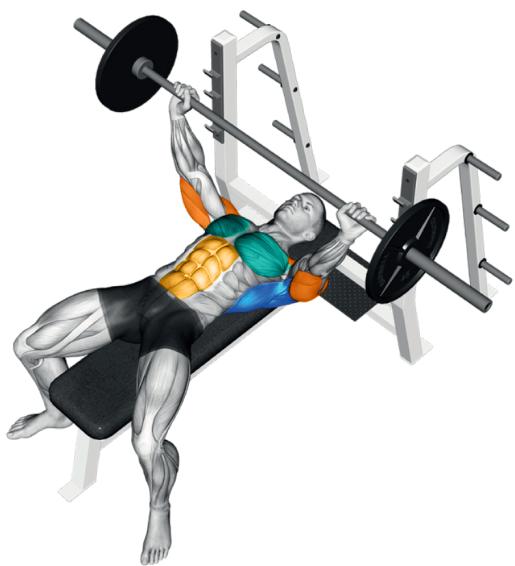
### • Antagonist:

- Quadriceps

### • Fixators:

- Gluteals

## BARBELL BENCH PRESS MUSCLE ACTIONS:



### • Agonist:

- Pectorals

### • Antagonist:

- Latissimus Dorsi

### • Synergist:

- Deltoids
- Triceps

### • Fixators:

- Rectus Abdominus