

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

• Fixator:

- Hip Flexors

MUSCLE ROLES DURING EXERCISE

LYING LEG CURL MUSCLE ACTIONS:



- **Agonist:**

- Hamstrings

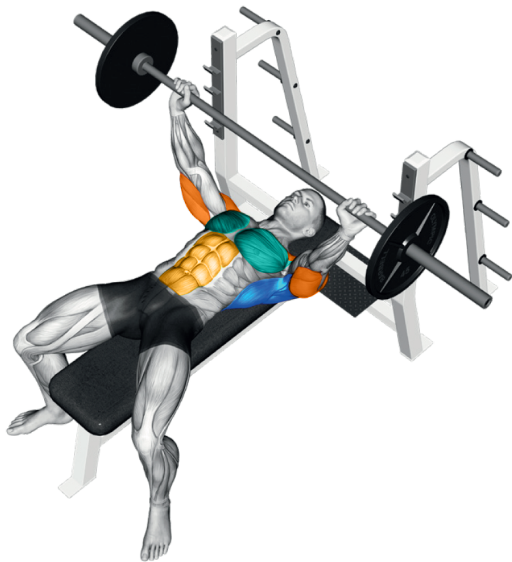
- **Antagonist:**

- Quadriceps

- **Fixators:**

- Gluteals

BARBELL BENCH PRESS MUSCLE ACTIONS:



- **Agonist:**

- Pectorals

- **Antagonist:**

- Latissimus Dorsi

- **Synergist:**

- Deltoids
- Triceps

- **Fixators:**

- Rectus Abdominus