

# 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:



### ANTAGONIST:

- Triceps

### AGONIST:

- Biceps

### FIXATORS:

- Deltoids

## LATERAL RAISE MUSCLE ACTIONS:



### ANTAGONIST:

- Latissimus Dorsi

### AGONIST:

- Deltoids

### SYNERGIST:

- Serratus Anterior
- Trapezius

### FIXATORS:

- Pectorals

## SQUAT MUSCLE ACTIONS:



### ANTAGONIST:

- Hamstrings

### AGONIST:

- Quadriceps

### SYNERGIST:

- Gluteals
- Soleus
- Adductors

### FIXATORS:

- Hip Flexors

## LYING LEG CURL MUSCLE ACTIONS:



### ANTAGONIST:

- Quadriceps

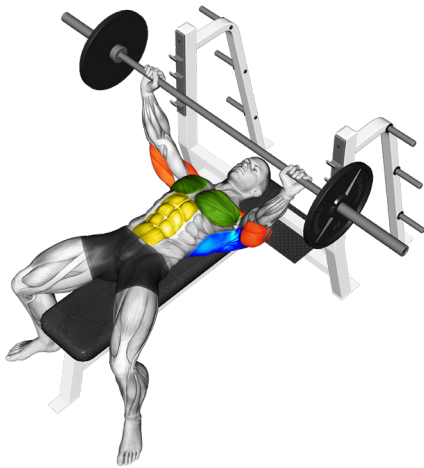
### AGONIST:

- Hamstrings

### FIXATORS:

- Gluteals

## BARBELL BENCH PRESS MUSCLE ACTIONS:



### ANTAGONIST:

- Latissimus Dorsi

### AGONIST:

- Pectorals

### SYNERGIST:

- Deltoids
- Triceps

### FIXATORS:

- Rectus Abdominus