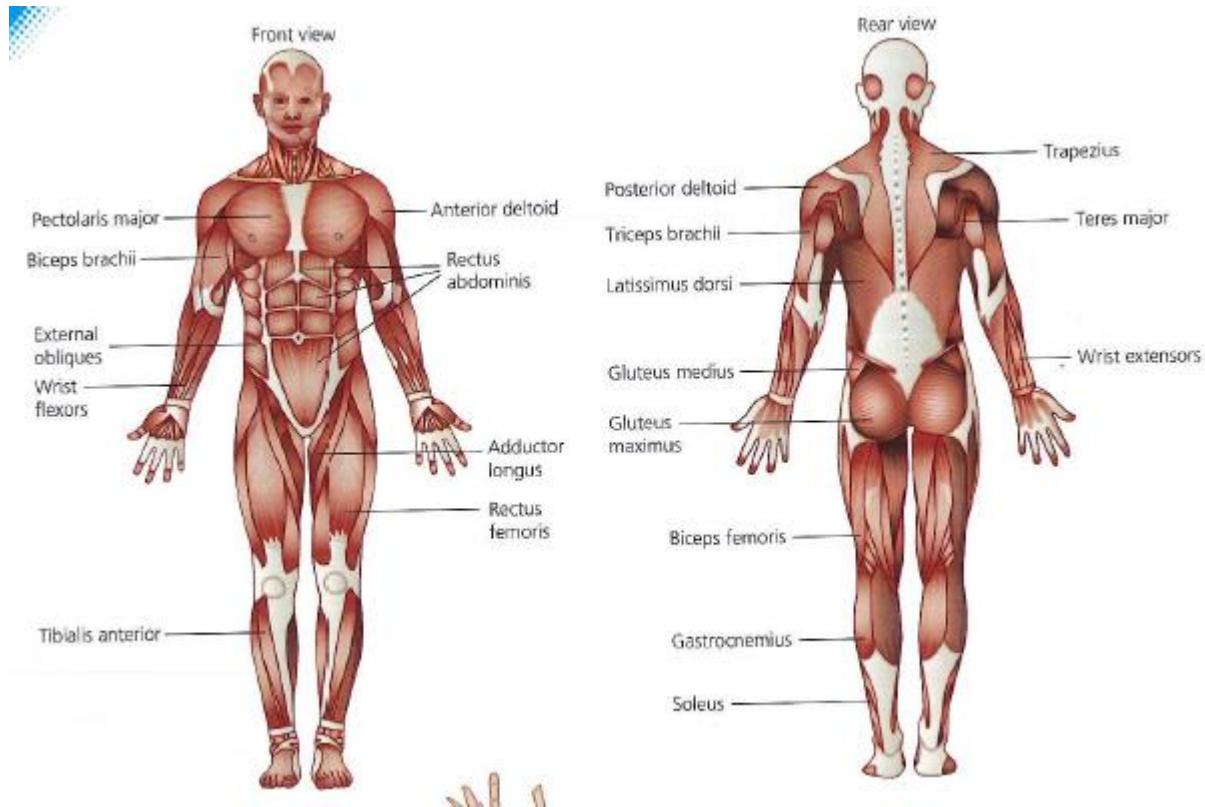


Learn The Muscles on the diagram below. You will be tested first week.



Movement	Agonist	Antagonist
Flexion (wrist)	Wrist flexors	Wrist extensors
Flexion (elbow)	Biceps brachii	Triceps brachii
Flexion (shoulder)	Anterior deltoid	Posterior deltoid
Flexion (hip)	Iliopsoas	Gluteus maximus
Flexion (knee)	Biceps femoris (Hamstring group)	Rectus femoris (Quadriceps group)
Dorsi-flexion (ankle)	Tibialis anterior	Gastrocnemius and soleus