**Antagonistic Muscle Pairs**



**1. Bend your arm**

(a) What does your biceps muscle feel and look like?

(b) What does your triceps muscle feel and look like?

**2. Straighten your arm**

(a) What does your biceps muscle feel and look like?

(b) What does your triceps muscle feel and look like?

**Summary**

**1. Use words from the list to complete the sentences below. You may need to use words more than once.**



(a) Muscles that move bones are XXXXXXXXXXXX muscles (able to be moved when you CHOOSE). These muscles work in XXXXXXXXXXXX, for example biceps and XXXXXXXXXXXX. When one is relaxed, the other is XXXXXXXXXXXX. When the biceps is XXXXXXXXXXXX the arm is bent. The biceps is a fexor muscle. The arm is straightened by the XXXXXXXXXXXX muscle, the XXXXXXXXXXXX.

(b) This is an example of two muscles pulling in XXXXXXXXXXXX directions. These are said to be XXXXXXXXXXXX. All of our voluntary movements are controlled by XXXXXXXXXXXX XXXXXXXXXXXX of muscles.

(c) Another example of an antagonistic pair is >>>>>>>> you find out one!