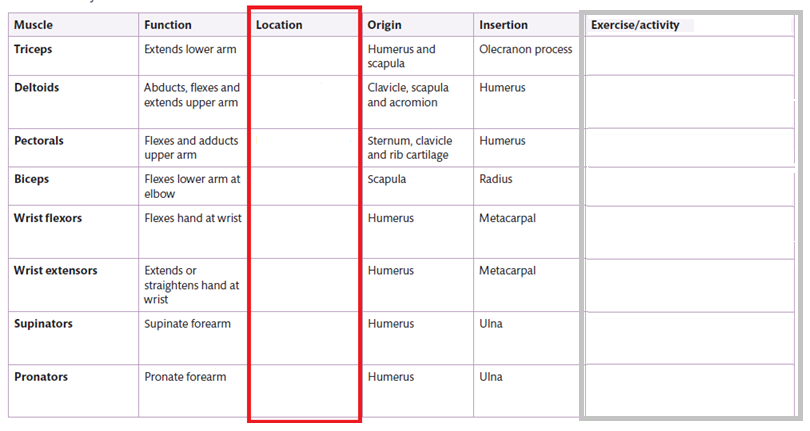


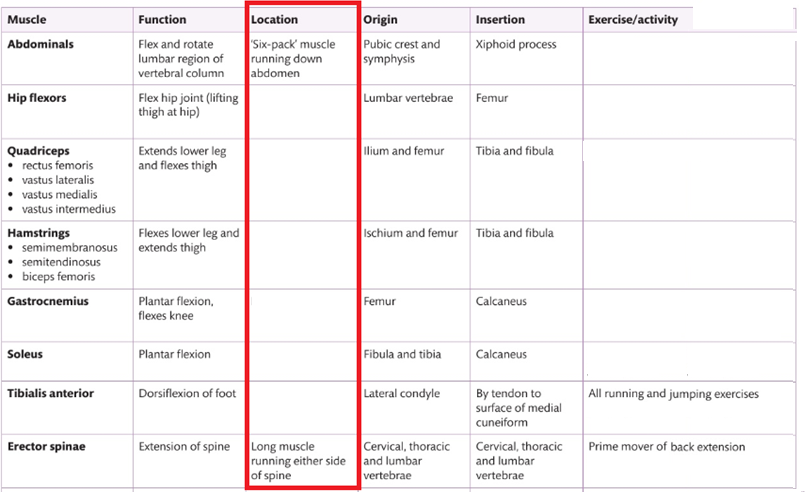
1

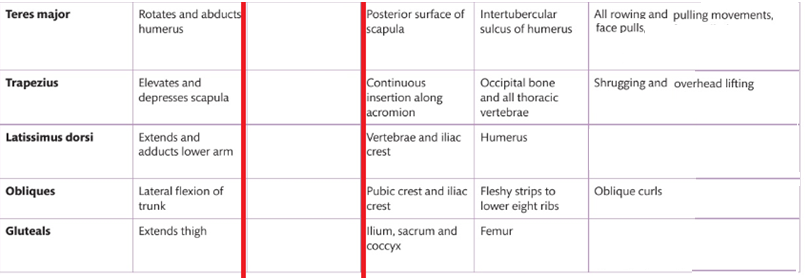
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AGONIST – The contracting (working) muscle during a movement e.g. bicep is contracting during bicep curl.

ANTAGONIST – The relaxing muscle which supports the movement.





1