

## ANTAGONISTIC MUSCLE PAIRS

MUSCLE	LOCATION	ORIGIN	INSERTION	ACTION
Biceps brachii	anterior upper Arm	shoulder (scapula)	anterior upper arm	FLEXES lower arm
Triceps brachii	posterior upper arm	scapula	posterior lower arm	EXTENSION forearm
Tibialis anterior	anterior lower leg	anterior tibia	foot	FLEXES foot
Gastrocnemius	posterior lower Leg	posterior femur	foot	Extends foot
Quadriceps group	upper leg Front	pelvis (hip)	patella front	EXTENSION leg
Hamstring group	upper leg Back	pelvis(back)	upper knee back	Flexes leg

### You should also know:

Deltoid	upper arm & shoulder	shoulder	humerus	Abducts and raises arm
Trapezius	neck	top of skull Vertebral column	shoulder	Extends head; adducts shoulders
Pectoralis major	chest	sternum	upper arm	Flexes & adducts pulls arm across chest

## **Laboratory Review 19 pg. 262**

- 2. Spongy bone
- 4. cervical vertebra (7 of them)
- 5. femur
- 7. adduction
- 8. rotation
- 12. extends the leg
- 13. flexes forearm
  
- 15. What bones protect the thoracic cavity?

The thoracic vertebrae and the ribs (12) that articulate around the thoracic cavity.