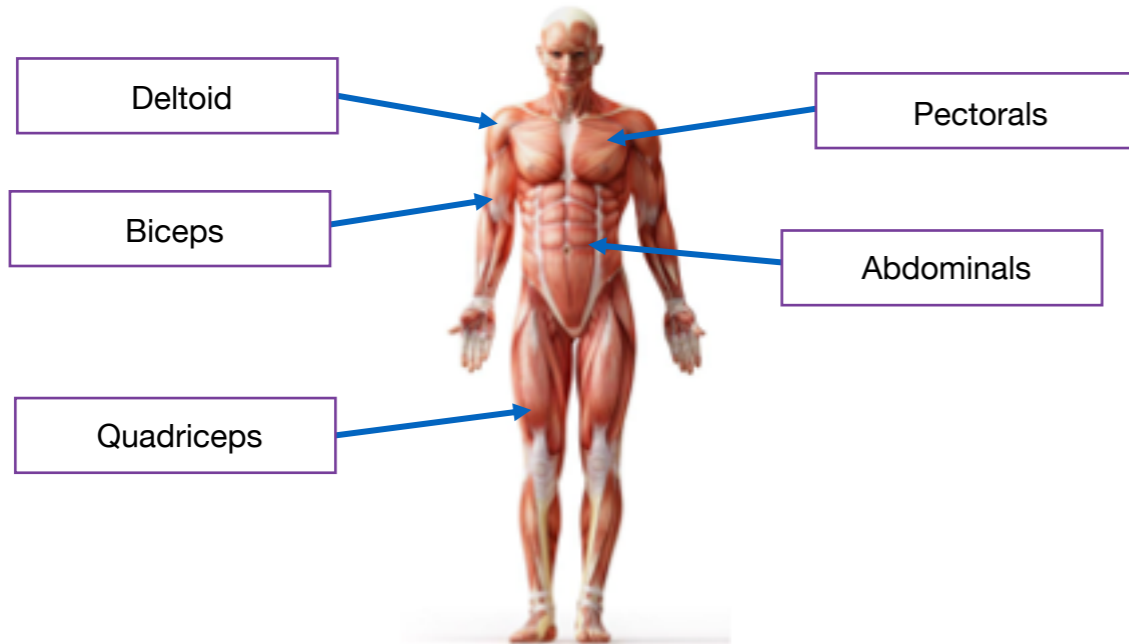


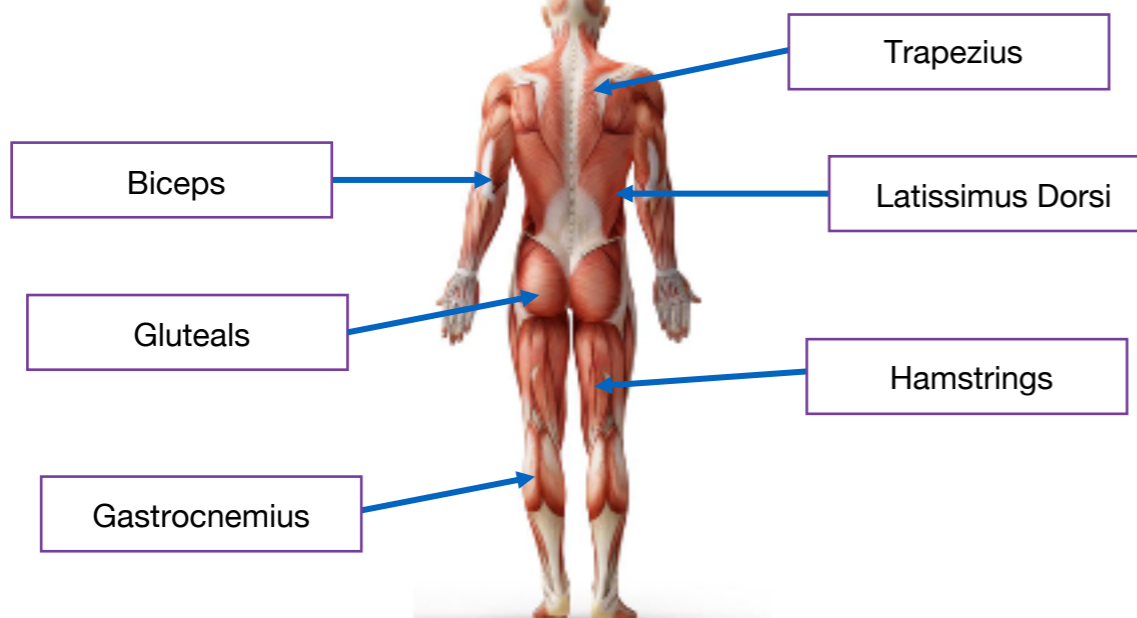
Vcert – MUSCULAR SYSTEM

A LOCATION OF MAJOR MUSCLES

Anterior



Posterior



B THE ROLES OF MUSCLES IN MOVEMENT

Agonist	The working muscle that produces or controls the desired joint movement. It is also known as the prime mover.
Antagonist	The muscle that works in the opposite way to the agonist.
Antagonistic Pairs	A pair of muscles that work together to produce movement with one muscle contracting while the other muscle relaxes.
Fixator	This is a muscle that works with others to stabilise the origin of the prime mover.
Origin	This is the end of the muscle attached to a bone that is stable.
Insertion	This is the end of the muscle attached to the bone that actually moves.

