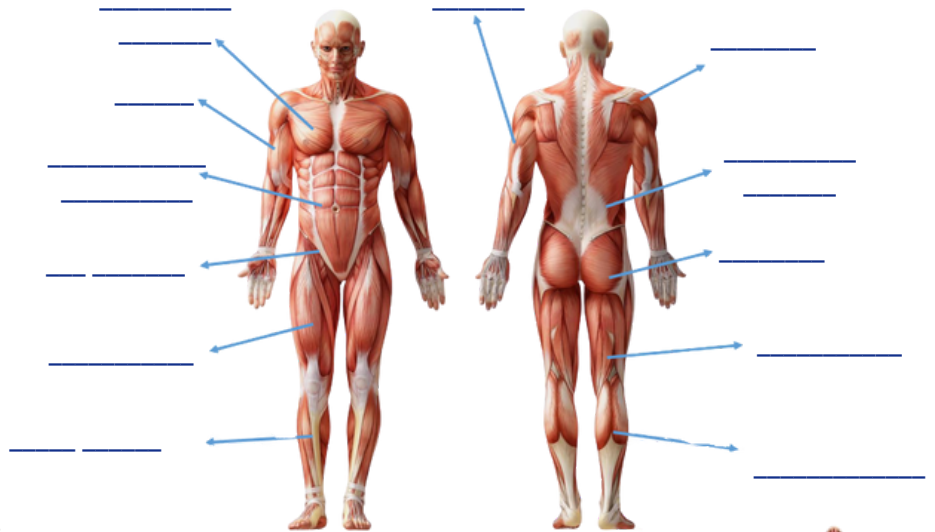


As one muscle _____, another muscle will _____



Pectoralis Major & _____

Biceps & _____

Gastrocnemius & _____

Quadriceps & _____

Hip Flexors & _____

External Obliques & _____

Antagonistic Pairs



PE COMPONENT 1 - MUSCULAR SYSTEM



_____ Muscles



A muscle which you can control

_____ Muscles



A muscle which you cannot control

_____ Muscles



A muscle found in the wall of the heart

Muscle Fibres

Type I	Type IIA	Type IIX
Slow Twitch	Fast Twitch	_____ Twitch
_____ Contractions	Fast Contractions	Very Fast Contractions
Aerobic Activity	Fatigue relatively quickly	Fatigue very quickly
e.g. Marathon	e.g. _____	e.g. 100m

