

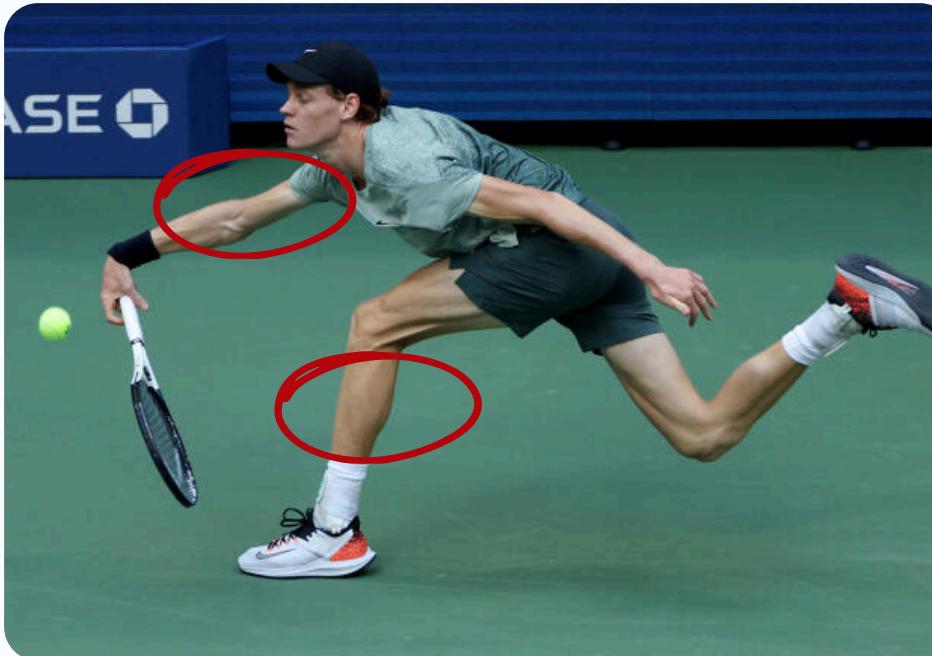


Antagonistic Pairs Resource

Jannik Sinner recently won the Tennis US Open, making it his second Grand Slam win of the year!

Antagonistic pairs are two muscles that work together to create movement.

As one muscle contracts, the other relaxes.



Identify the muscles involved in these two Antagonistic pairs identified in the image.

Analyse which muscle is contracting/relaxing within the pair.

Complete the sentence below filling in the muscles of the antagonistic pair and the movement they allow to perform the following action in Tennis:

As the _____ contracts, the _____ relaxes to create _____ of the elbow which allows Jannik to swing to perform the forehand hit.

Flexion

Extension

Adduction

Abduction

Plantar Flexion

Dorsi Flexion