



Antagonistic Pairs Resource

Jannik Sinner recently won the US Open Competition in Tennis, 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.



Can you identify the muscles that are involved in these two Antagonistic pairs identified in the image?

Can you identify 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 move 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