

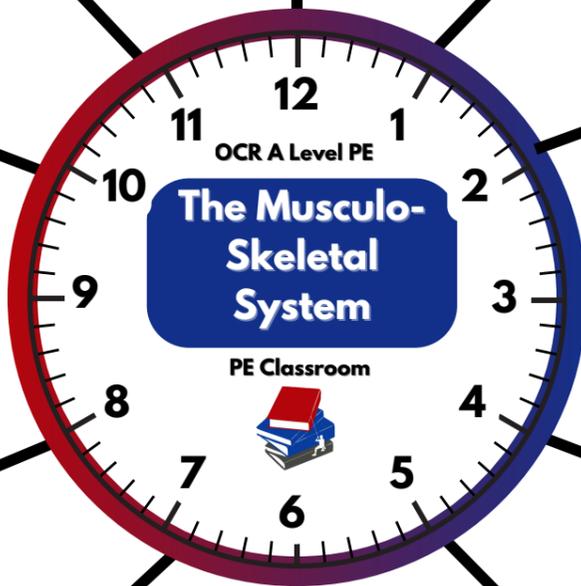
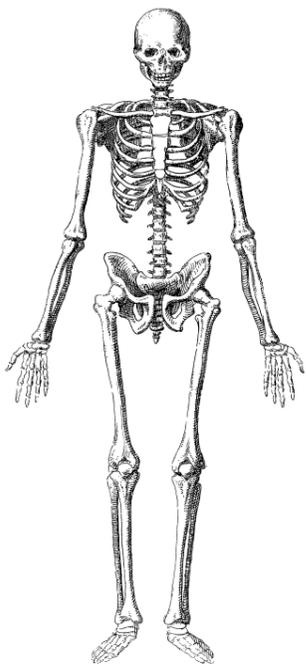
Movement at Joints

Planes & Axes of Movement

Skeletal Muscle Contraction

Types of Joints

Structure of the Skeleton



Muscles of the Body



Roles of Muscles

Muscles Fibres Types & Recruitment

The Vertebral Column

Muscle Contractions