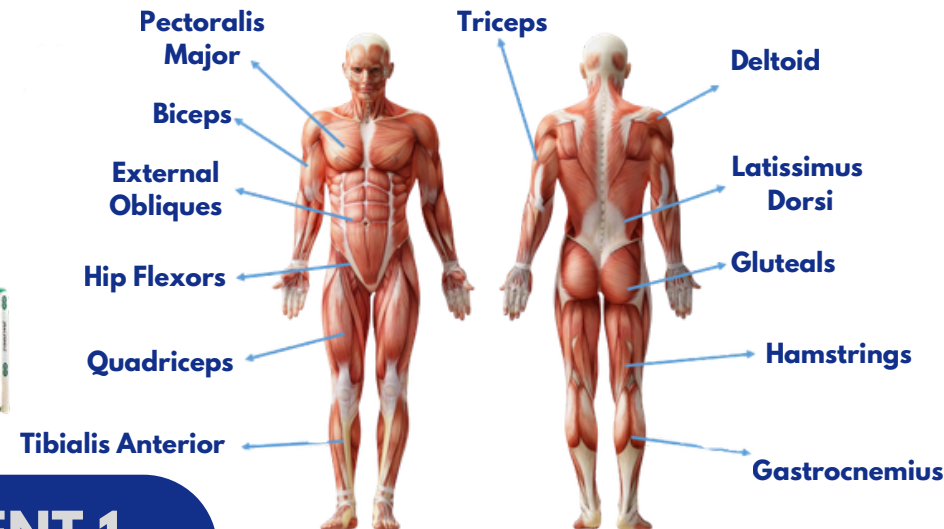


- Voluntary Muscles** → A muscle which you can control
- Involuntary Muscles** → A muscle which you cannot control
- Cardiac Muscles** → A muscle found in the wall of the heart



Pectoralis Major & Deltoid



PE COMPONENT 1 - MUSCULAR SYSTEM

As one muscle **CONTRACTS**, another muscle will **RELAX**

Biceps & Triceps

Gastrocnemius & Tibialis Anterior

Antagonistic Pairs

Hip Flexors & Gluteus Maximus

Quadriceps & Hamstrings

External Obliques & Latissimus Dorsi



Muscle Fibres

Type I	Type IIA	Type IIX
Slow Twitch	Fast Twitch	Fast Twitch
Slow Contractions	Fast Contractions	Very Fast Contractions
Aerobic Activity	Fatigue relatively quickly	Fatigue very quickly
e.g. Marathon	e.g. 800m	e.g. 100m

