



What lever system is present at the ankle as the sprinters set off? What is the fulcrum, load and effort?



As the tricep extends, what lever system is being used at the elbow of the javelin thrower

Does this lever system have a mechanical advantage or disadvantage? How does might this effect the distance of the throw?



A bicep curl is an example of a 3rd class lever system? How do you know that this is the case? What is the fulcrum, load and effort?

3rd class lever systems have a mechanical disadvantage. Why is this and what does it mean?

How many different lever systems are present during this video of the cross-fit games?

Joint	Exercise	Muscle & Action	Class of Lever System	F, L, E	Mechanical Advantage or Disadvantage?
Elbow	Rowing Machine	Tricep - Extension	1 st Class (fulcrum in middle)	F – Elbow L – Resistance from machine E - Effort	Mechanical Advantage
Knee					
Ankle					
Neck					
Elbow					

