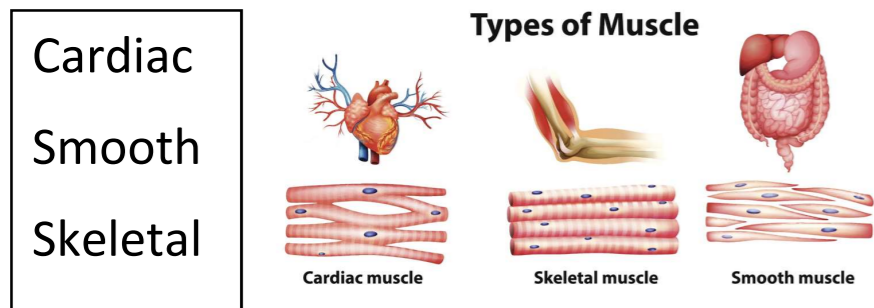
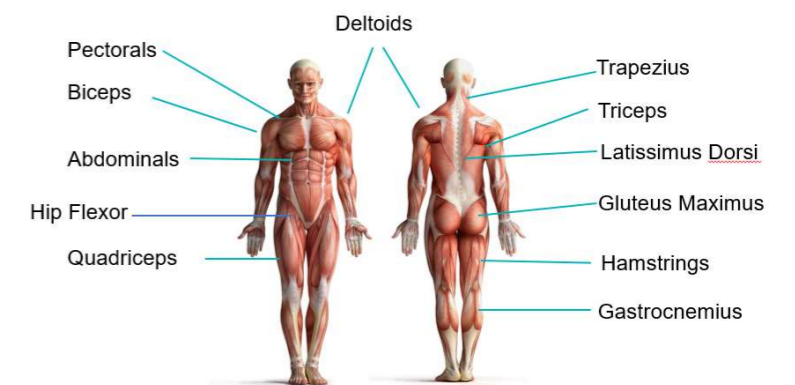


The Muscular system

Types of muscle



Skeletal Muscles

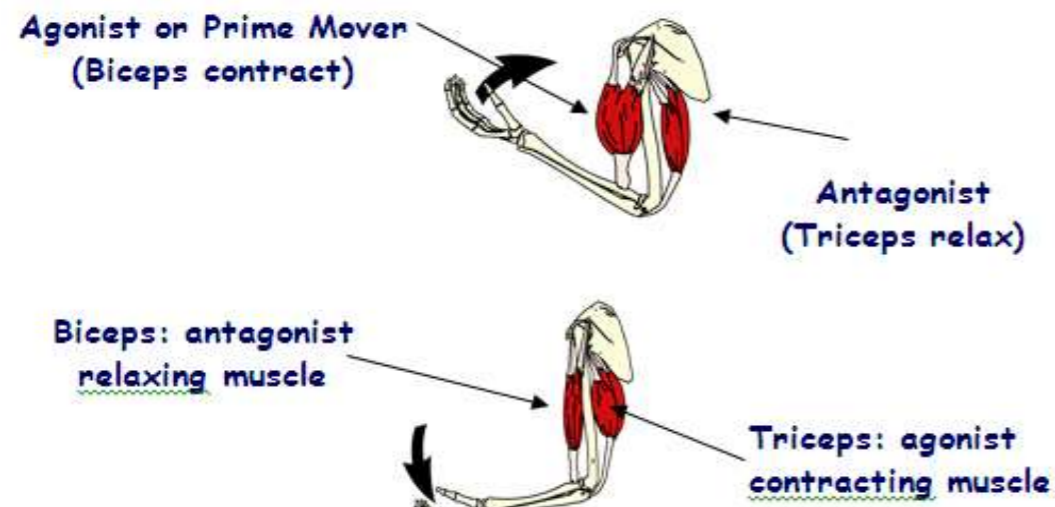


Muscle Movement

Muscle work Antagonistically. This means that whilst one muscle **CONTRACTS** the other **RELAXES**.

The **AGONIST**- is the muscle contracting.

The **ANTAGONIST**- is the muscle relaxing. This can be seen in the image below.



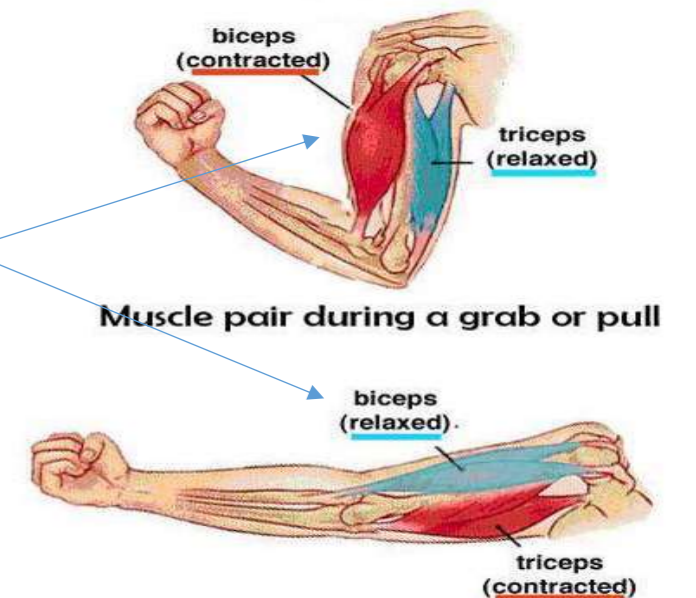
Muscle Contractions

IsoTonic:= muscle contraction whilst moving.

Eccentric- the muscle **LENGTHENS**

Concentric- the muscle **SHORTENS**

IsoMETRIC:= the muscle contract but stay still



Muscle Fibre types

Type 1

Slow Twitch Fibres

These are key in long distance events and sports which take a long time as the muscles contract slowly.

Type 2

Fast Twitch Fibres