

Sport btec fitness cards

[Sport & Tourism](#)



**ASSIGN
BUSTER**

Muscle exercised Pectorals, triceps, biceps and deltoids. These muscles are located in your shoulders, arms and thorax. Method Lie down on the bench, make sure your comfortable as you do not want to be adjusting during reps. Grip barbell roughly 8 inches apart, again make sure your grip is secure and comfortable. Lower the bar slowly and smoothly directly over your chest and in the same rhythm up to the top again. Try to remain smooth in your transaction from the down to the up as if you are doing it in a jerking action you may cause injury.

Your back should remain in contact with the bench at all times and your arms should not lock. Notes Your biceps and pectorals are agonist when your on the way down with bar and on the way up they are antagonist. your biceps are synergist with your triceps because when your biceps are agonist your triceps are antagonist and vice versa. Deltoids are agonist when the bar is on the way up and antagonist when the bar is on the way down. Muscle exercised Rectus abdominis Method Standard sit ups consist of lying flat on your back with your legs bent up at the knees in a triangle shape.

You then bring your chest up too your knees, this should be done with your arms across you chest because if they are behind your head it is easy to pull your head up and strain your neck. Obviously you then reverse the action going back down trying to keep your back slightly of the ground each time as to feel the full effects of each sit up. Notes The rectus abdominis is agonist on the way up in the standard sit up and is antagonist on the way back down. This means that on the way up it shortens to allow the movement to take place and then on the way down the muscle will relax again.

The best example of agonist and antagonist movements is in a twist sit up. This is because when your internal oblique is agonist your external oblique is antagonist and vice versa. Muscles exercised Rectus femoris, vastus lateralis, vastus medialis, vastus intermedius, semimembranosus, semitendinosus and biceps femoris Method In a squat you start by putting the maximum or close to the maximum weight you can lift on a barbell. You should then place the barbell across your shoulders you will then lower yourself to a close to sitting position. During this the torso must be kept straight as not to put any strain on your back.

You then slowly rise back up to the starting position and repeat. Notes The quadriceps are agonist when on your dip and on the extension back up they are antagonist. Simultaneously to this your semimembranosus, semitendinosus and biceps femoris otherwise known as your hamstrings are doing the opposite. The muscles of your abdomen are synergists that work together to allow the agonist to operate more effectively. Muscles exercised Gastrocnemius, soleus and tibialis anterior Method Nautilus workout machines target all the muscle groups in the leg. The machine best suited for these muscles is the nautilus calf machine. Set up the machine by putting the pin in the stack at the weight most appropriate for you. Then step up on to the calf raise platform and put your shoulders under the pads making sure the middle of each foot rests on the platform. You then proceed to push up so you are on your tip toes, slowly lower your feet back down to finish repartition. Notes When going up on to your tip toes your soleus and tibialis anterior are the muscles that are agonist and your gastrocnemius is

antagonist. When lowering back down to flat footed the roles of the agonists and antagonists are reversed.