

Muscle Roles

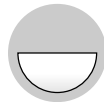
A Short Lesson in the Kinesiology of Exercise

Muscle Roles



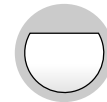
Agonist

A muscle is called a prime mover, *agonist* or muscle most involved when it is the main muscle involved in a concentric contraction.



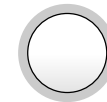
Assistant Mover

An *assistant mover* usually plays a secondary role to the prime mover muscles involved. However, at times the secondary muscles play the main role in certain ranges of motion or in other exercises. Usually secondary or assistant muscles are not as powerful in the movement as the main agonists or prime movers.



Antagonist

An *antagonist* muscle is one which has an action directly opposite that of the agonist. When an agonist undergoes a concentric contraction, the antagonist undergoes an eccentric contraction to guide the movement and to stabilize the joint.



Stabilization

When a muscle acts as a *stabilizer* it steadies or holds a limb and/or body part in place. It anchors the bone so that the prime mover has a firm base against which to contract, i.e., for the muscle to pull from or against.

Learn the kinesiology of exercise with KinX Learning EBooks. 13 volumes plus 3 bonus volumes. Expert content, professionally illustrated, instant download - start learning now.

