

1. DELTOID
2. TRICEPS
3. BICEPS
4. LATISSIMUS DORSI
5. LATERAL HAMSTRING
6. RECTUS FEMORIS
7. GASTROCNEMIUS
8. TIBIALIS ANTERIOR



lateral hamstring

biceps triceps

deltoid

latissimus
dorsi

rectus
femoris

gastrocnemius

tibialis
anterior

muscle
fibers

striations

H zone Z disc

(thin (actin) filament)

thick (myosin) filament

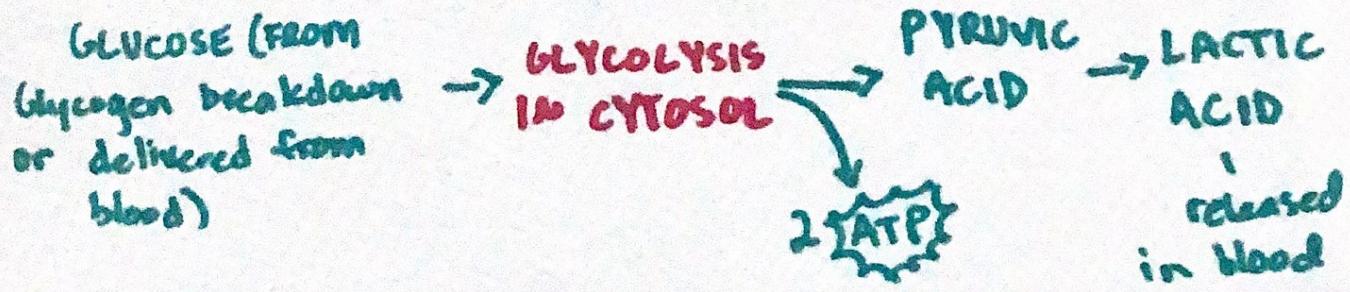


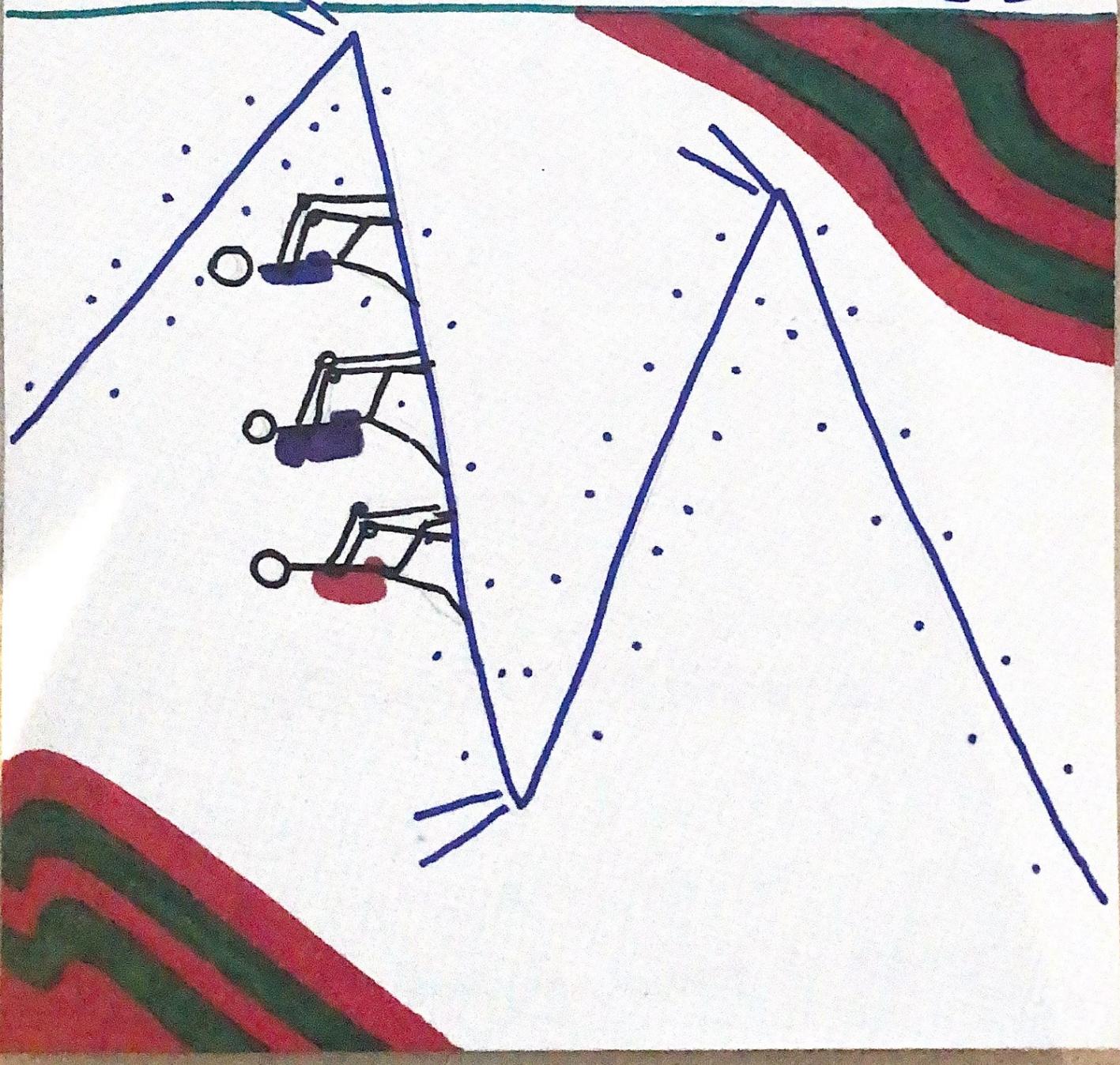
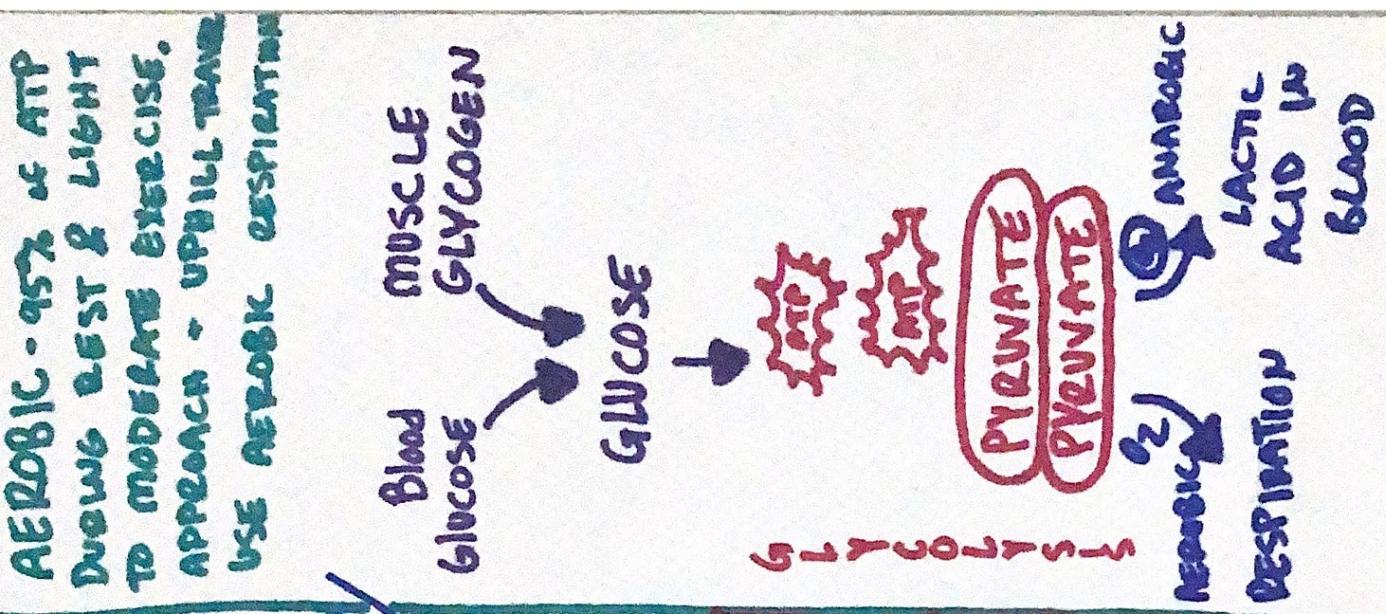
ECCENTRIC STRENGTH - A TYPE OF MUSCLE CONTRACTION
 WHERE THE MUSCLE-TENDON COMPLEX FORCIBLY LENGTHENS TO
 ABSORB ENERGY EXERTED BY AN EXTERNAL FORCE

CREATINE PHOSPHATE



GLYCOLYSIS





GLUCOSE (from glycogen stored in muscle fiber then bloodborne glucose + free fatty acids) \Rightarrow CO_2 , H_2O + 28-32 ATP

Aerobic Respiration

