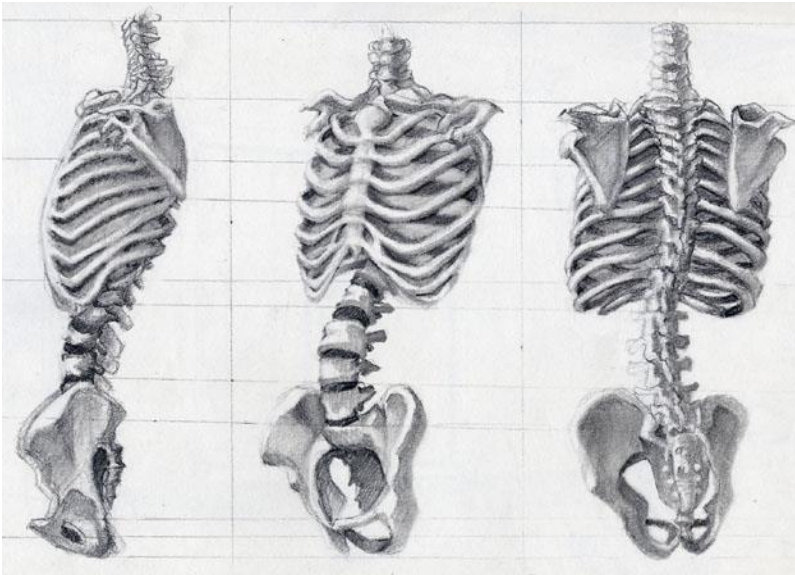


1) What is the anatomical movement depicted by the arrow?



2) List six muscles of the torso undergoing eccentric contraction during the movement depicted above.

3) Use the image below to draw the muscles you listed above.



4) What kind of contraction would the listed muscles need to bring the body back to anatomical position?

5) Which muscles are antagonists to the muscles you listed above?

6) Based on the initial movement, where would the muscle origins be for the torso?

7) Based on the name, what is the function of the erector spinae muscle?

8) Perform the action seen below. Which muscles of your posterior torso were concentrically contracted to move your back into this position?



9) Which muscles must concentrically contract to return you to anatomical position?