



Muscles work in pairs!

Sporting Action	Agonist	Antagonist	Fixator
Kicking a ball in football	Quadriceps	Hamstring	<u>Gluteals</u>
Squats	Hamstring	Quadriceps	<u>Gluteals</u>
Jumping for a ball in rugby	Quadriceps	Hamstring	<u>Gluteals</u>