

Muscular System

VOCABULARY

Muscles	Ligaments
Quadriceps	Synovial Fluid
Triceps	Joint Capsule
Biceps	Tendons
Latissimus dorsi	Cartilage
Pectorals	Synovial Membrane
Abdominals	Isotonic
Trapezius	Isometric
Gastrocnemius	Contraction
Tibialis anterior	Agonist
Hamstrings	Antagonist
Gluteals	Eccentric
Fibres	Slow twitch
Muscle	Fast Twitch
Hypertrophy	Voluntary
Capillarisation	Cardiac
Involuntary	

CONNECTIVES

If
Moreover
For
While
When
As
Therefore
However
So
And
With
Although
Consequently
Furthermore
Until
Whereas
Together

OPENERS

The muscular system....
The functions of muscles
There are two types of muscles fibre
The three types of muscle are....
Slow twitch fibres are....
Fast twitch fibres are.....
When muscles contract.....
The muscles involved in flexion of the arm
This is because
The agonist is
The antagonist muscle is

PUNCTUATION

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