BI 199 APWT Discussion 5

I. **Announcements** Trip to Anatomy Lab Thursday! Meet outside B63B Klamath. Review Anatomy Lab Guidelines.

II. **Connections** Small group work.
   A. Common grips used in weight training.
   B. Varying grips & muscle emphases for
      1. Biceps curl
      2. Bench press
      3. Lat pull/pull up

III. **Full Range of Motion Principle (FROM)**

IV. **Agonistic-Antagonistic (Push-Pull) Exercises**
   A. Small group discussion with examples.
   B. Advantages during workout?

V. **JMAK** Joint-Muscle-Activity Kits!

Tiggr just loves Anatomy! Fun! Fun!! Fun!!!
http://map.uoregon.edu/

63 SRC to B63B KLA
1. **Demonstrate respect** for all specimens (cadavers, skeletons, organ & tissue samples...).

2. The right of **privacy & confidentiality** due all medical patients is **extended to all anatomical donors**.

3. **Electronic devices** (cell phones, cameras, video equipment, Ipods,...) or recordings are **not permitted**.

4. **Food, drink, and gum** are **not permitted**.

5. **Wear gloves** provided, if you're approved to touch specific specimens. Please only **dispose of gloves in the marked red container. Questions? Please ask.**

6. **Long pants**, long-sleeve shirts & **closed shoes** (rather than sandals) **are best**.

7. Cadavers should be appropriately draped/covered at all times. **All regions not being studied should be covered to help with preservation.**
Common grips used in weight training

- Pronated / Overhand
- Supinated / Underhand
- Alternate / Spotting
What are upper & lower extremity climbing muscles?
Latissimus Dorsi Most Heavily Activated in *Hammering Plane!*
Shoulder-width grip → more Latissimus dorsi

Wider grip → more Rhomboids, middle Trapezius
Rhomboid muscles include Major & minor

Courtesy S. Dawson, U of O
**Bent-over Row**

*NB:* Engages muscles exactly inverse to bench press. Upper back, back of shoulder, front of arm, back of forearm. Great for supersetting!
Seated Row! Wow Possibilities!?

*NB:* Engages muscles inverse to bench press with a bit more lower back! Still good for supersetting! Variable grip and pull?
Latissimus dorsi grip vs wider rhomboid, mid-trapezius grip. Posterior deltoid? Pronated vs supinated?

SOURCE: www.fitworkz.com

FROM Principle
**Agonistic** - **Antagonistic**?

- Push - Pull
- Prime Move(r) - Resist(er)
- Promotes - Opposes

WT Exercise eg?
- **Bench press?** - Bent-over row
- **Biceps curl?** - Triceps extension
- **Leg extension?** - Leg curl
JMAK!
Joint-Muscle-Activity Kits!