

Tiggr just loves Anatomy!
Fun! Fun!! Fun!!!



BI 199 APWT Discussion 5

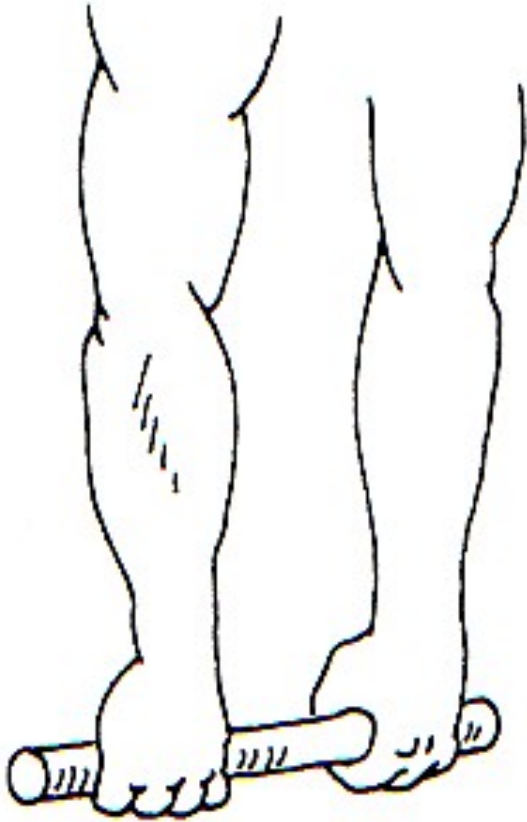
- I. Announcements *Trip to Anatomy Lab*
Thursday! Meet outside B63B Klamath.
*Review Anatomy Lab Guidelines.***
- II. Connections Small group work.**
 - A. Common grips used in weight training.**
 - B. Varying grips & muscle emphases for**
 - 1. Biceps curl**
 - 2. Bench press**
 - 3. Lat pull/pull 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!**

Anatomy Lab General Rules

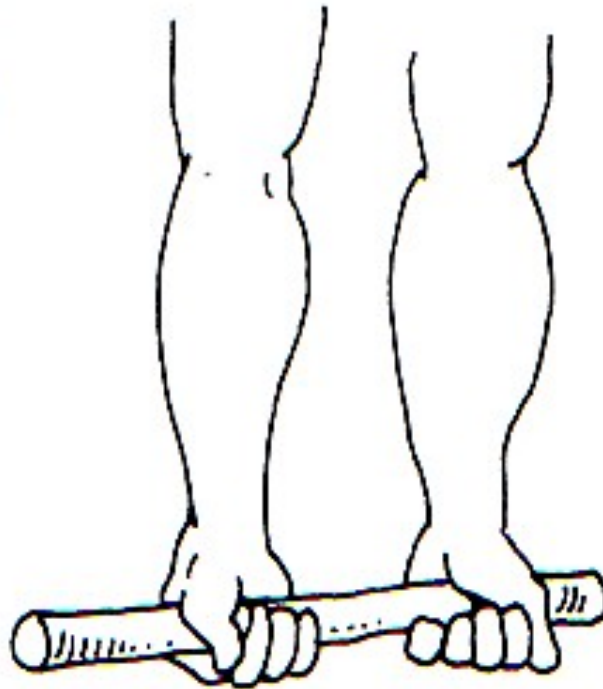
1. **Demonstrate respect** for all specimens (cadavers, skeletons, organ & tissue samples...).
2. The right of **privacy & confidentiality** due all medical patients is **extended to all anatomical donors**.
3. **Electronic devices** (cell phones, cameras, video equipment, Ipods,...) or recordings are **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**.



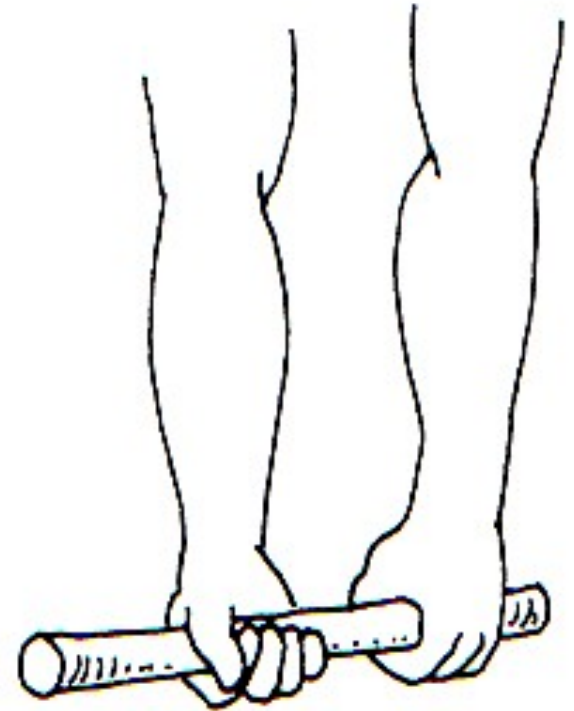
Common grips used in weight training



Pronated
/Overhand



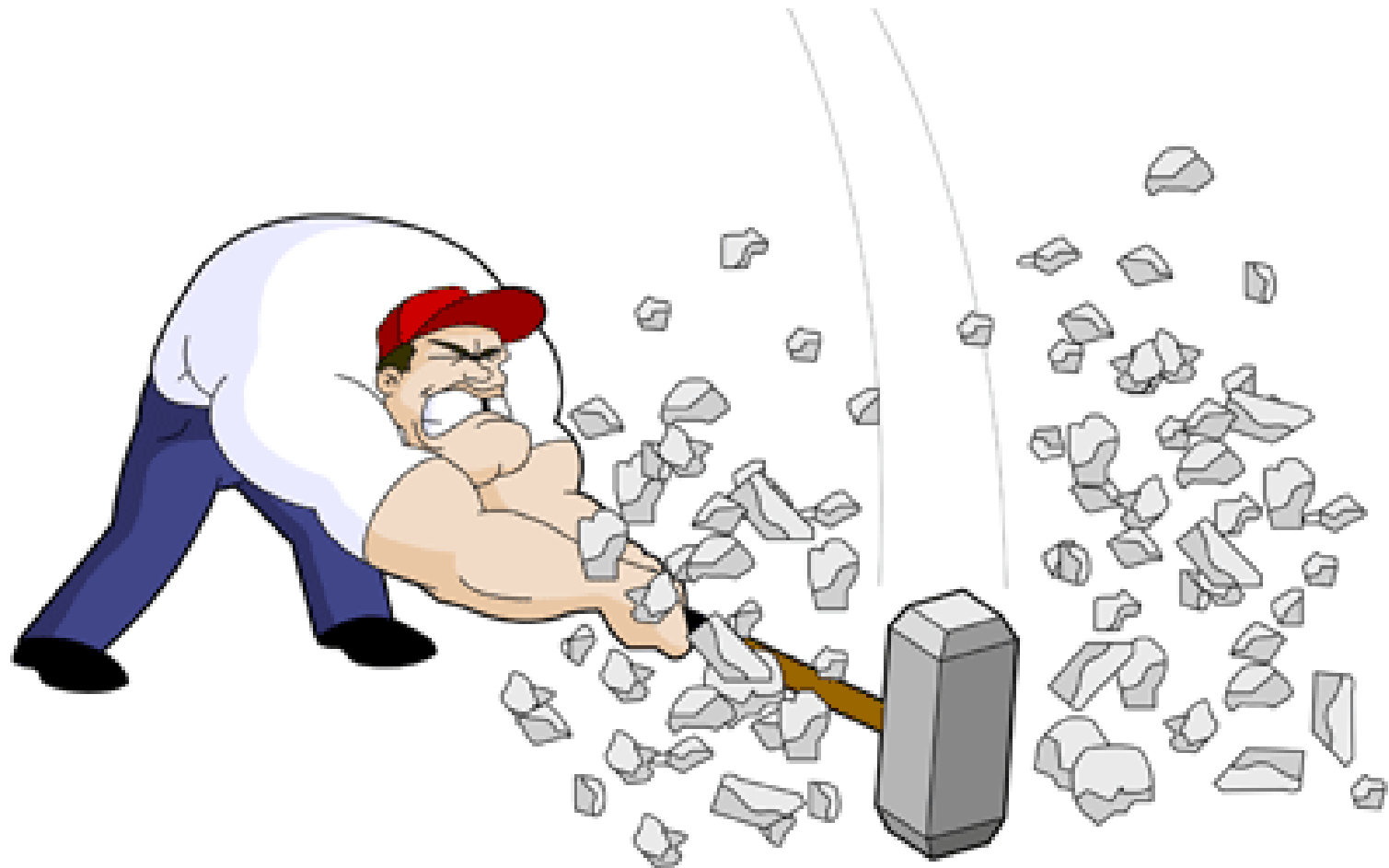
Supinated
/Underhand



Alternate
/Spotting



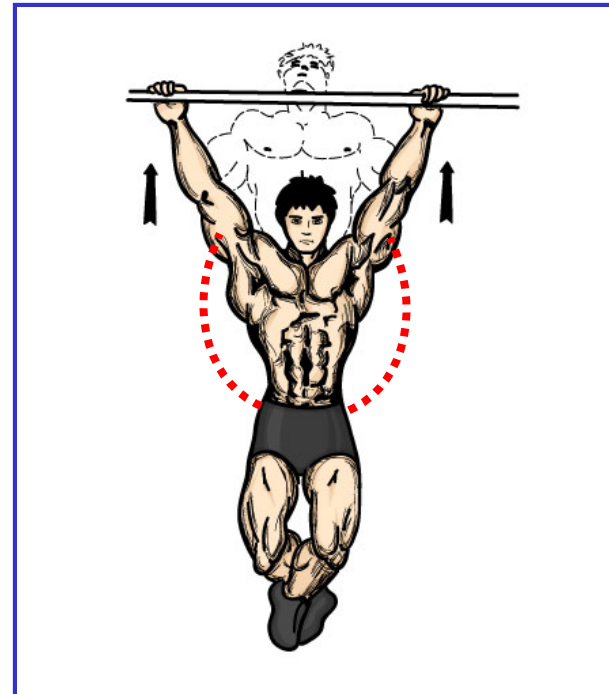
Latissimus Dorsi Most Heavily Activated in *Hammering Plane*!



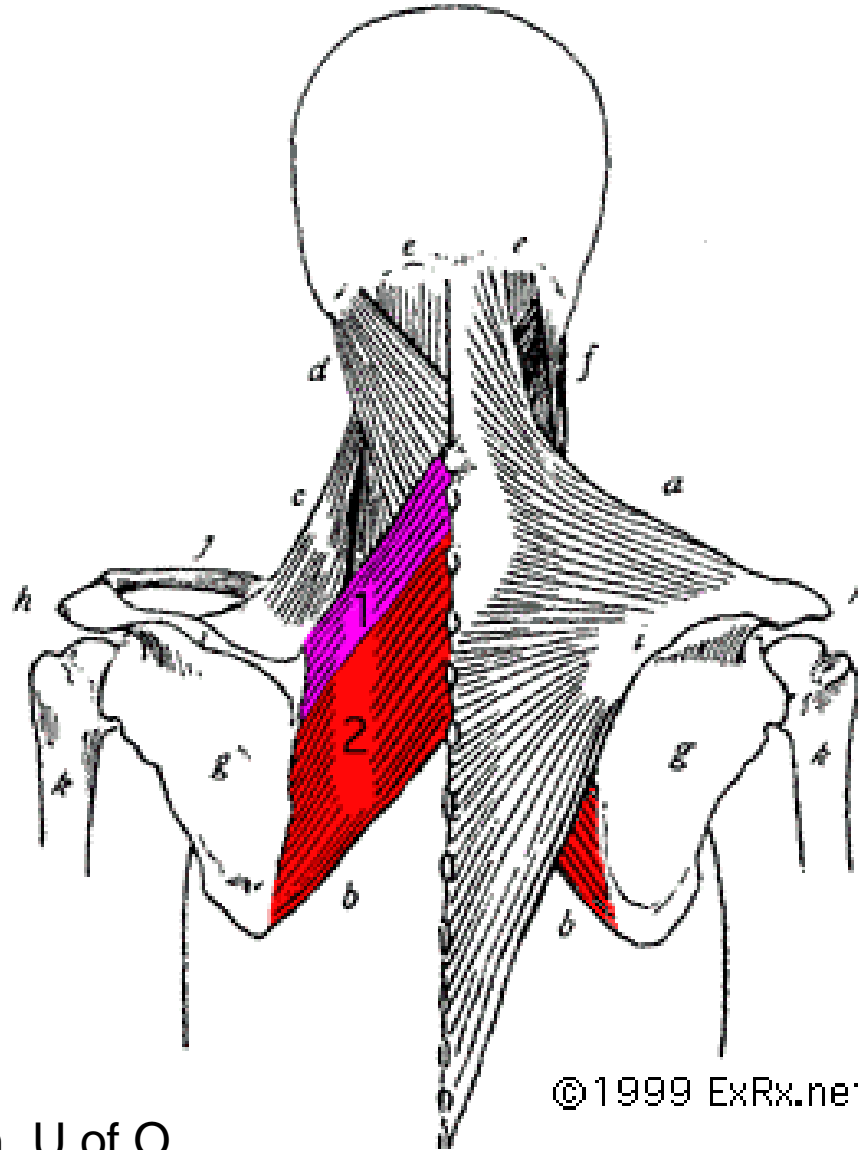
**Shoulder-width grip →
more Latissiumus dorsi**



**Wider grip → more
Rhomboids,
middle Trapezius**



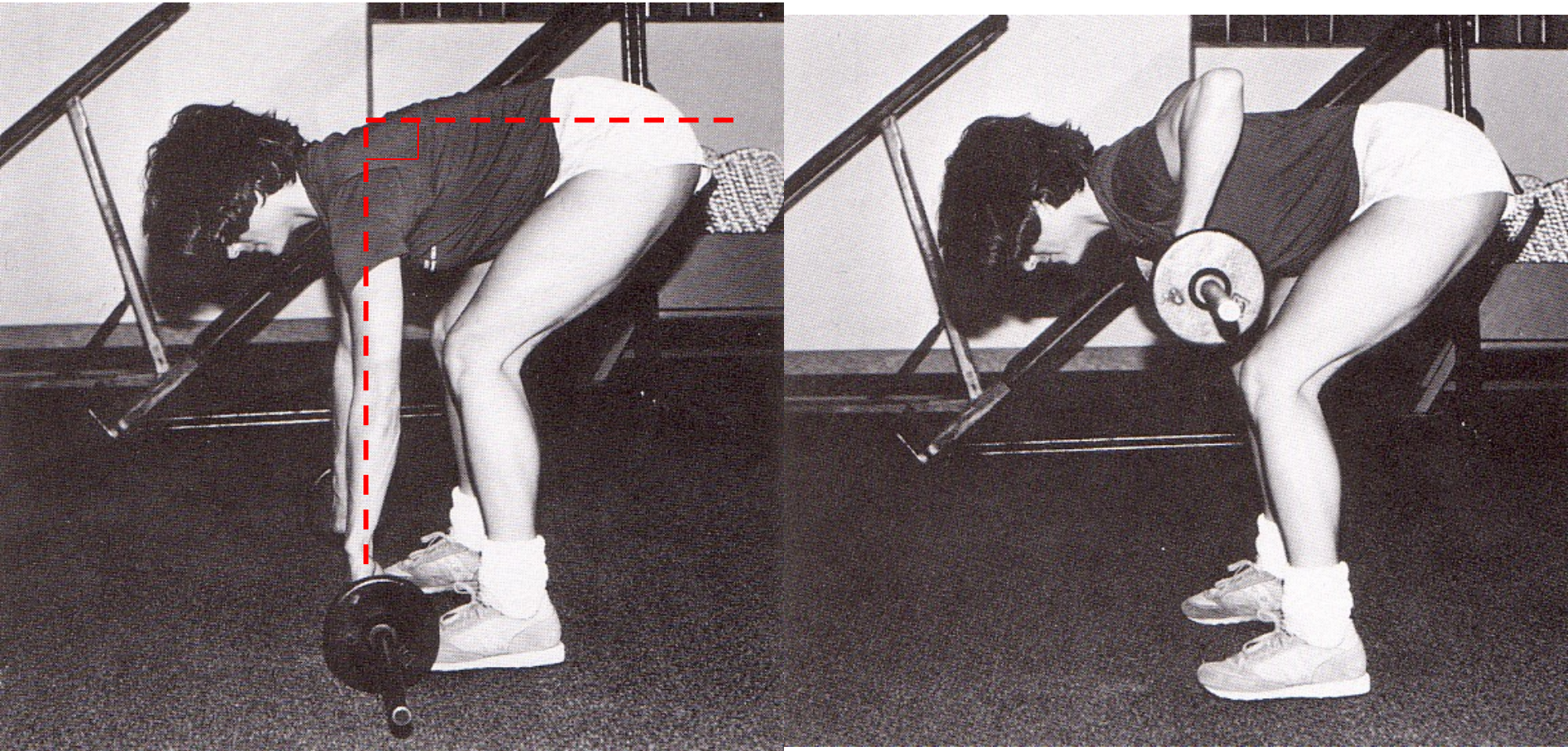
***Rhomboid muscles include
Major & minor***



©1999 ExRx.net

Courtesy S. Dawson, U of O

Bent-over Row



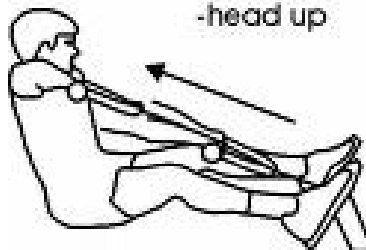
NB: Engages muscles exactly inverse to bench press. Upper back, back of shoulder, front of arm, back of forearm. Great for supersetting!

Seated Row! Wow Possibilities!?

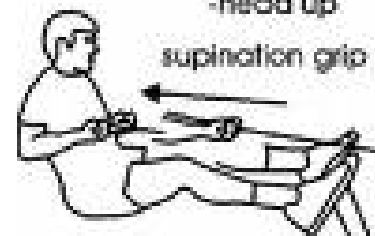


on pulley
with cable

- keep back straight
- chest out
- head up



- keep back straight
- chest out
- head up



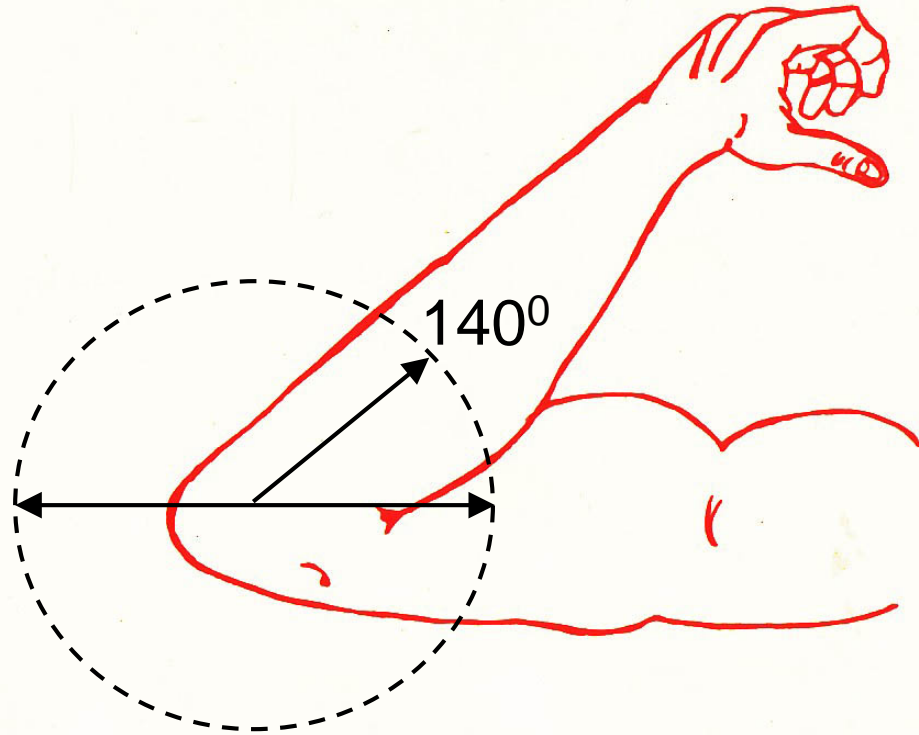
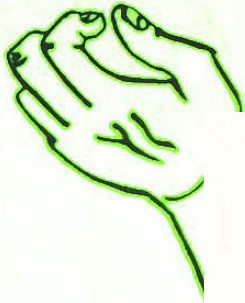
NB: Engages muscles inverse to bench press with a bit more lower back! Still good for supersetting! Variable grip and pull?

Latissimus dorsi grip vs wider rhomboid,
mid-trapezius grip. Posterior deltoid?
Pronated vs supinated?



SOURCE: www.fitworkz.com

http://www.ehow.com/video_2367237_do-rowing-upper-body-exercises.html



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!

