

## **Fitness for Life**

### **Chapter Ten – Muscle Fitness Basics Homework Assignment**

1. Slow-twitch muscle fibers generate \_\_\_\_\_ force than fast-twitch muscle fibers.
2. Fast-twitch muscle fibers are \_\_\_\_\_ at resisting fatigue compared to slow-twitch fibers.
3. In a concentric contraction the muscle \_\_\_\_\_.
4. In a(n) \_\_\_\_\_ contraction, body parts do not move.
5. In a(n) \_\_\_\_\_ contraction, the muscle lengthens.
6. A bicep curl is an example of an \_\_\_\_\_ muscle contraction.
7. Choose the major muscle group/prime mover for the Overhead Press exercise.

\*Quadriceps, Gluteus Maximus, Hamstrings \*Anterior/Medial Deltoids, Triceps

\*Hamstrings \*Pectoralis Major, Anterior Deltoid, Triceps

8. Choose the major muscle group/prime mover for the Chest Press exercise.

\*Quadriceps, Gluteus Maximus, Hamstrings \*Anterior/Medial Deltoids, Triceps

\*Hamstrings \*Pectoralis Major, Anterior Deltoid, Triceps

9. Choose the major muscle group/prime mover for the Leg Press exercise.

\*Quadriceps, Gluteus Maximus, Hamstrings \*Anterior/Medial Deltoids, Triceps

\*Hamstrings \*Pectoralis Major, Anterior Deltoid, Triceps

10. Choose the major muscle group/prime mover for the Seated Leg Curl exercise.

\*Quadriceps, Gluteus Maximus, Hamstrings \*Anterior/Medial Deltoids, Triceps

\*Hamstrings \*Pectoralis Major, Anterior Deltoid, Triceps

11. Choose the major muscle group/prime mover for the Leg Extension exercise.

\*Quadriceps \*Anterior/Medial Deltoids, Triceps \*Hamstrings \*Pectoralis Major, Anterior Deltoid, Triceps

12. Choose the major muscle group/prime mover for the Mid Row exercise.

\*Posterior Deltoid, Rhomboid, Triceps, Lower Trapezius \*Anterior/Medial  
Deltoids, Triceps \*Hamstrings \*Pectoralis Major, Anterior Deltoid, Triceps