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let's group muscles by **function**

1) prime movers/agonists

- primary responsibility in producing a particular motion

2) antagonists

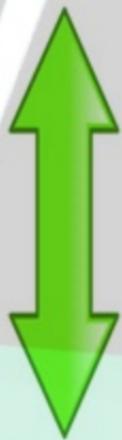
- muscles that oppose a particular movement

3) synergists

- muscles that help prime movers and stabilize motion

naming skeletal muscles by **direction**

axis of
a bone



midline
of body



muscle fibers can run in a particular **direction** with reference to some line

types of muscle shapes



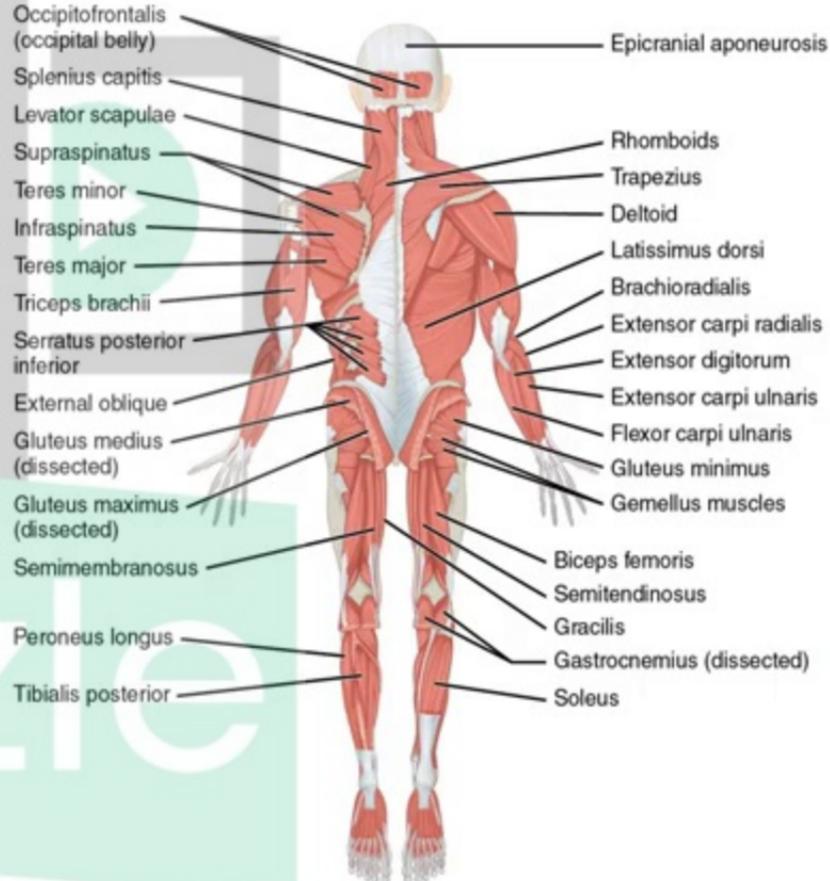
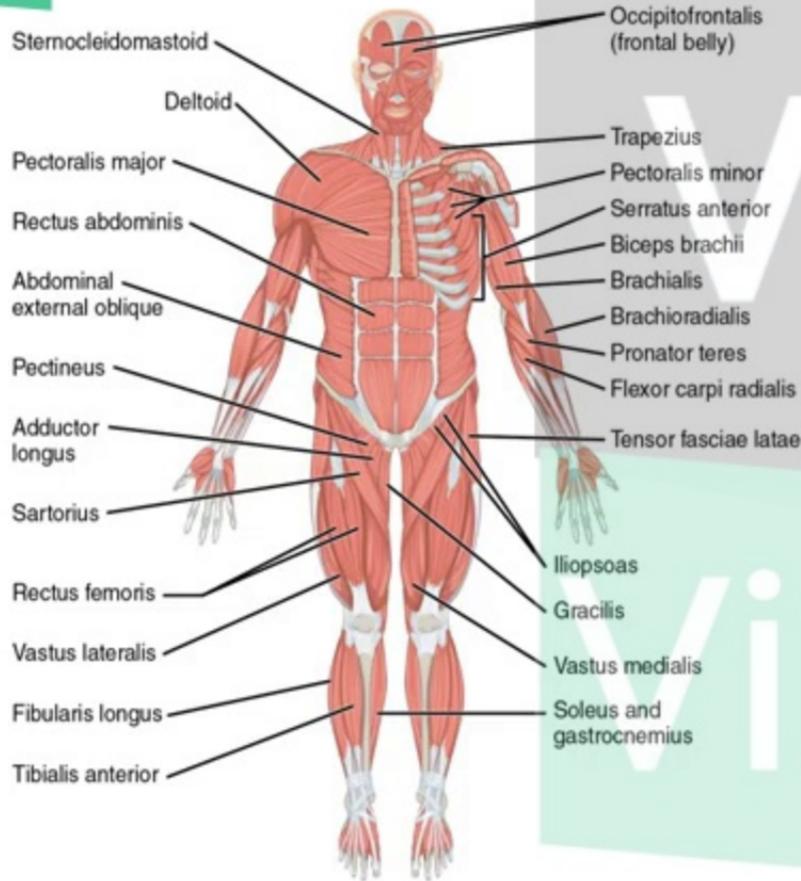
circular



**orbicularis
oris**

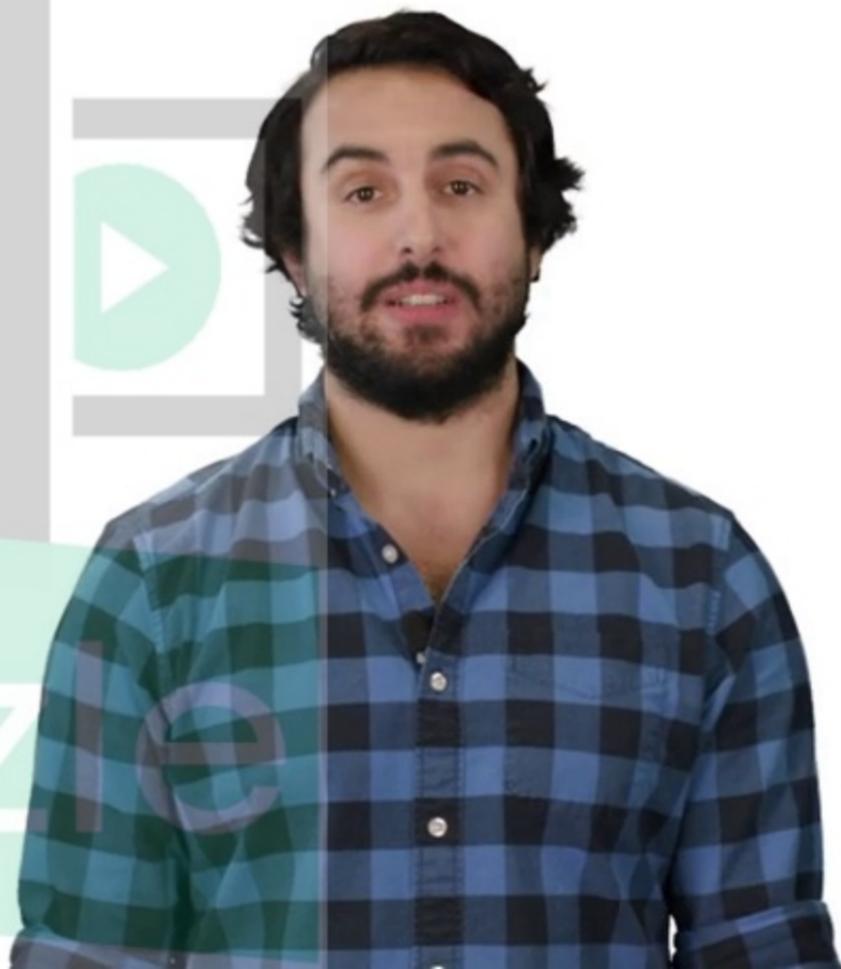
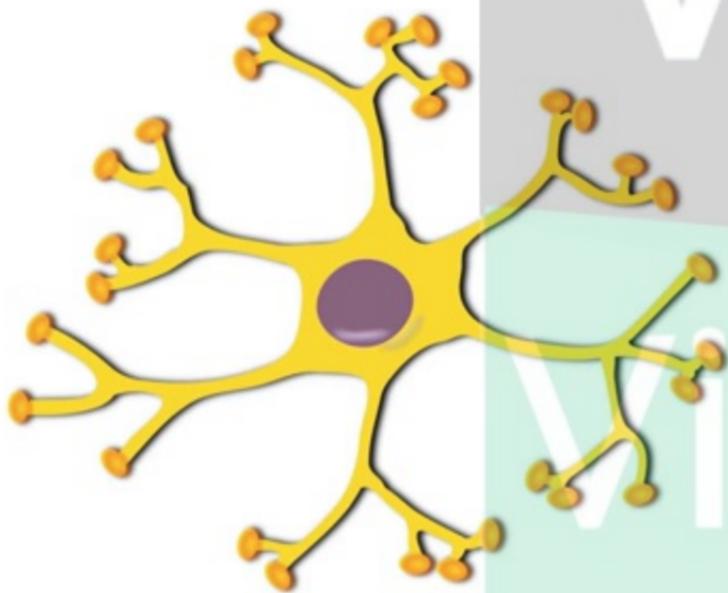
**fascicles are in
concentric rings**

Important Muscles in the Human Body





The Nervous System





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