

## Video: The Push-Up: Muscles and Joint Actions

Complete this table.

	Concentric Phase	Eccentric Phase
<b>Gravity</b>	<i>Against (up)</i>	
<b>Joint Action</b> (Elbow)		
<b>Muscles Used</b> (Elbow)		
<b>Joint Action</b> (Shoulder)		
<b>Muscles Used</b> (Shoulder)		

### Sample Multiple Choice Questions

- The push-up is considered to be a compound exercise, because it...
  - becomes progressively more difficult with each repetition.
  - isolates the triceps at the elbow joint during the concentric phase.
  - involves more than one joint during the concentric and eccentric phases.
  - isolates the pectoralis major at the shoulder joint during the eccentric phase.
  
- If you sleep on your stomach, which statement best describes one type of muscle action for getting out of bed?
  - Isometric contraction of the anterior major.
  - Concentric contraction of the triceps.
  - Eccentric contraction of the pectoralis major.
  - Eccentric contraction of the anterior deltoid.

1. (c) 2. (b)

	<i>Against (up)</i>	<b>Gravity</b>
<b>Concentric Phase</b>	<i>With (down)</i>	<b>Joint Action</b> (Elbow)
	<i>Elbow Extension</i>	<b>Muscles Used</b> (Elbow)
	<i>Triceps</i>	<b>Joint Action</b> (Shoulder)
	<i>Shoulder Horizontal Adduction</i>	<b>Muscles Used</b> (Shoulder)
	<i>Pectoralis major, Anterior deltoid</i>	<b>Joint Action</b> (Shoulder)
	<i>Pectoralis major, Anterior deltoid</i>	<b>Muscles Used</b> (Shoulder)
<b>Eccentric Phase</b>		