**Crash Course Muscle Physiology: Part 2**

1. Explain why muscles never “push”. Use the terms “origin” and ‘insertion” bone.

2. What is the relationship between agonist and antagonist muscles?

3. Describe how we are able to perform large movements like kicking as well as delicate movements with our eyes or fingers. Use the term “motor units”

4. Briefly describe what happens in the three phases of a muscle twitch.

5. Explain the size principle of muscle recruitment.

6. Compare and contrast isotonic and isometric movements.

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