**The function of muscles**

| **Name of muscle** | **Function** | **Example in sport** |
| --- | --- | --- |
| **Triceps** | Extend the arm at the elbow | Press-up, throwing a javelin |
| **Biceps** | Flex the arm at the elbow | Pull-up, drawing a bow in archery |
| **Deltoids** | Move the arm in all directions at the shoulder | Bowling a cricket ball |
| **Pectorals** | Adduct the arm at the shoulder | Forehand drive in tennis |
| **Trapezius** | Hold the shoulders in place, move head back and sideways | Holding head up in rugby scrum |
| **Gluteals** | Adduct and extend leg at the hips | Pulling back leg before kicking a ball |
| **Quadriceps** | Extend the leg at the knee | Kicking a ball jumping upwards |
| **Hamstrings** | Flex the leg at the knee | Bending knee before kicking a ball |
| **Gastrocnemius** | Pointing the toes, help to flex the knee | Running |
| **Latissimus dorsi** | Adduct and extend the arm at the shoulder | Butterfly stroke in swimming |
| **Abdominals** | Flex the trunk across the stomach | Pulling the body down when hurdling |