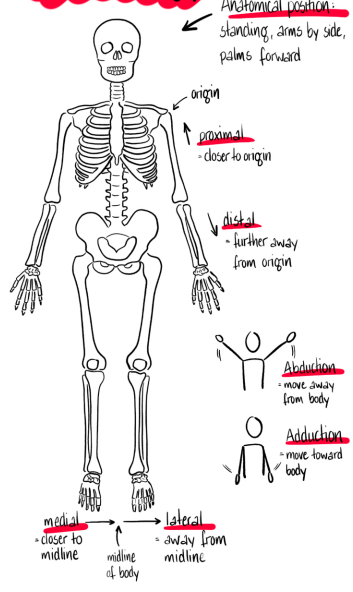


Terminology

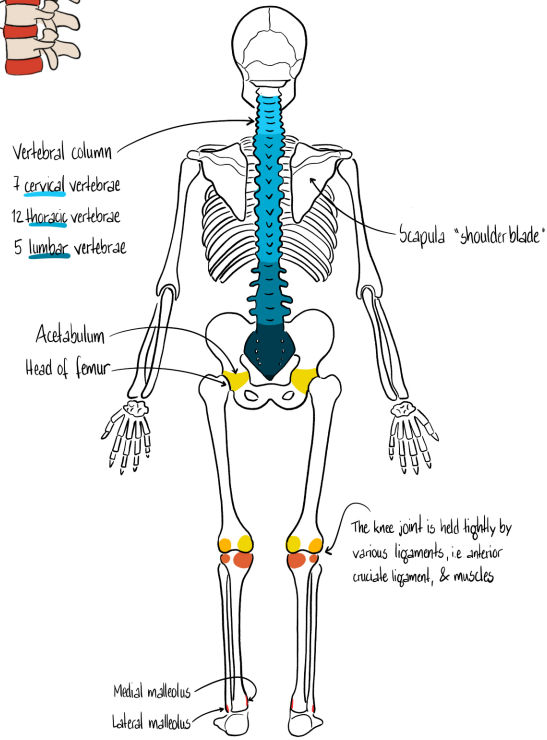
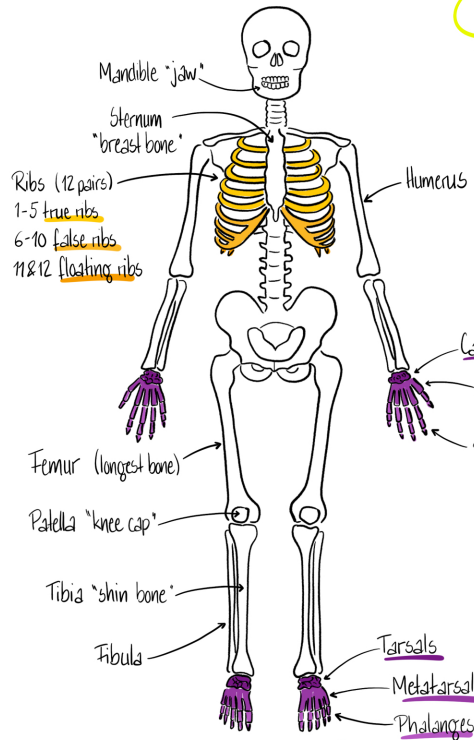
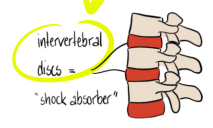


Bones, Muscle & Training

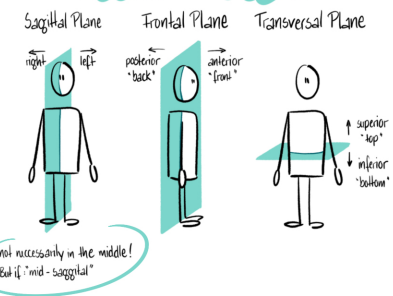
Copyright by Greg Landry



Professor Landry

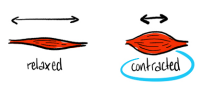


Anatomical Planes



How muscles work

Muscle cells have the ability to contract so they shorten the whole muscle

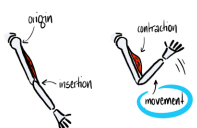


Muscle cells are ~60,000 nm in size

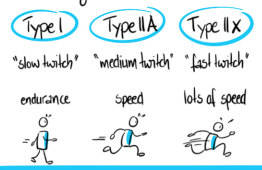
Muscles are connected to bones on both ends. The tissue at the end of the muscles is called "tendons". The tendons are meshed into the bones.



The connection that doesn't move when the muscle contracts is called "origin". The moving side is called "insertion".



Everybody is born with a certain mixture of muscle types that can't be changed



Bones

Muscles

