

PHYE 281 - Applied Kinesiology
Lecture 13
Muscular Analysis of Torso and
Lower Extremity Exercises

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Exercises in Analysis

Complete kinesiological analyses for the following exercises:

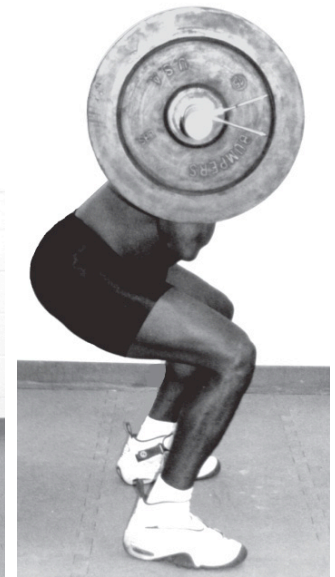
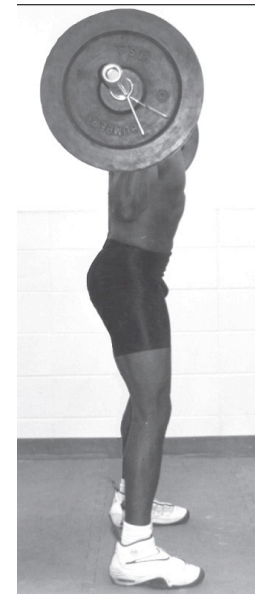
Abdominal crunches



Barbell squat



Seated Row



Joint	Action when lifting	Muscles in lifting	Contraction type in lifting	Action when lowering	Contraction type when lowering

Joint	Action when lifting	Muscles in lifting	Contraction type in lifting	Action when lowering	Contraction type when lowering

Joint	Action when lifting	Muscles in lifting	Contraction type in lifting	Action when lowering	Contraction type when lowering