

### Agonist, Antagonist, Synergist, Fixator worksheet

Exercise	Agonist/Prime Mover	Antagonist	Synergist	Fixator
Lat Pull Down				
Leg Curl				
Leg Extension				
Seated Row				
Seated Chest Press				
Squat				
Lunge				
Russian Twists				
Tricep Cable Pull Down				
Abdominal Curl				
Back Extension				