

antagonistic muscles *(an-tag-o-nis-tic-mus-cles)*

Definition

plural n. Pairs of muscles that work against each other to move joints in opposite directions. When one muscle contracts, the other relaxes, allowing movement.

Example Sentence

Antagonistic muscles work together to facilitate smooth and controlled movements of the body.

More Example Sentences

During a bicep curl, the biceps and triceps act as **antagonistic muscles**.

Synonyms

opposing muscles; counteracting muscles;
reciprocal muscles

Antonyms

synergistic muscles; cooperative muscles;
complementary muscles

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