Dance Anatomy Assignment 2

All assignments must be typed using the following format.

**1. Push-up** (with elbows in)

**Phase and joint Joint movement Contraction type Functional muscle group: primary muscles**

**Up phase**

Shoulder joint

Elbow joint

**Down phase**

Shoulder joint

Elbow joint

**2. Side bend** (table 7.6F, page 280)

**Phase and joint Joint movement Contraction type Functional muscle group: primary muscles**

**Up phase**

Shoulder joint

Elbow joint

**Down phase**

Shoulder joint

Elbow joint