

Juanjo Pérez Soto
@educacionfisicacompetencial



ANATOMY AND FITNESS

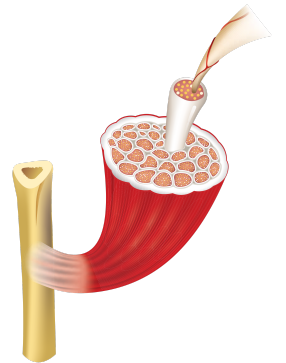
Learning about functional muscles in our body



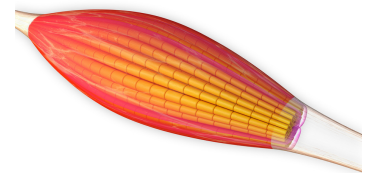
FUNCTION



STRENGTHENING



STRETCHING



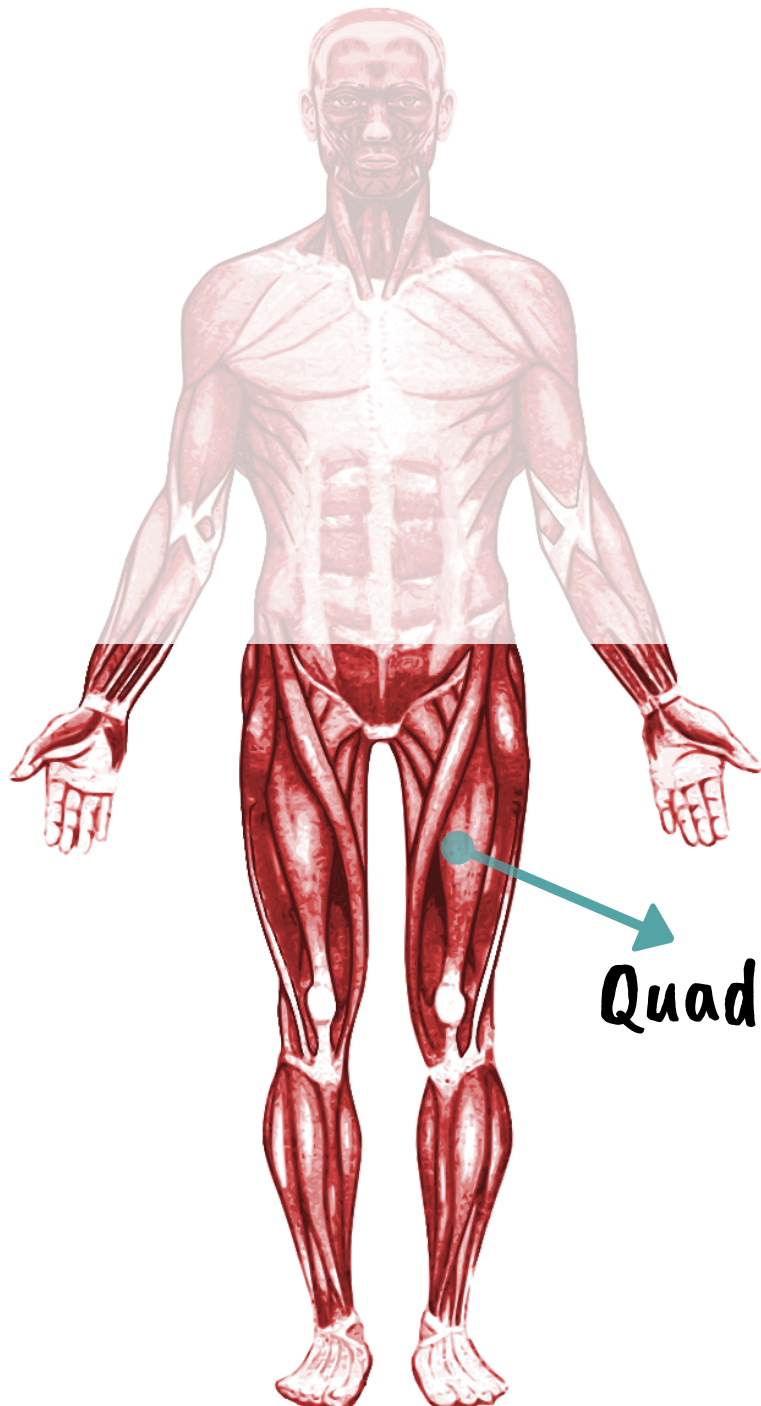


ANATOMY AND FITNESS

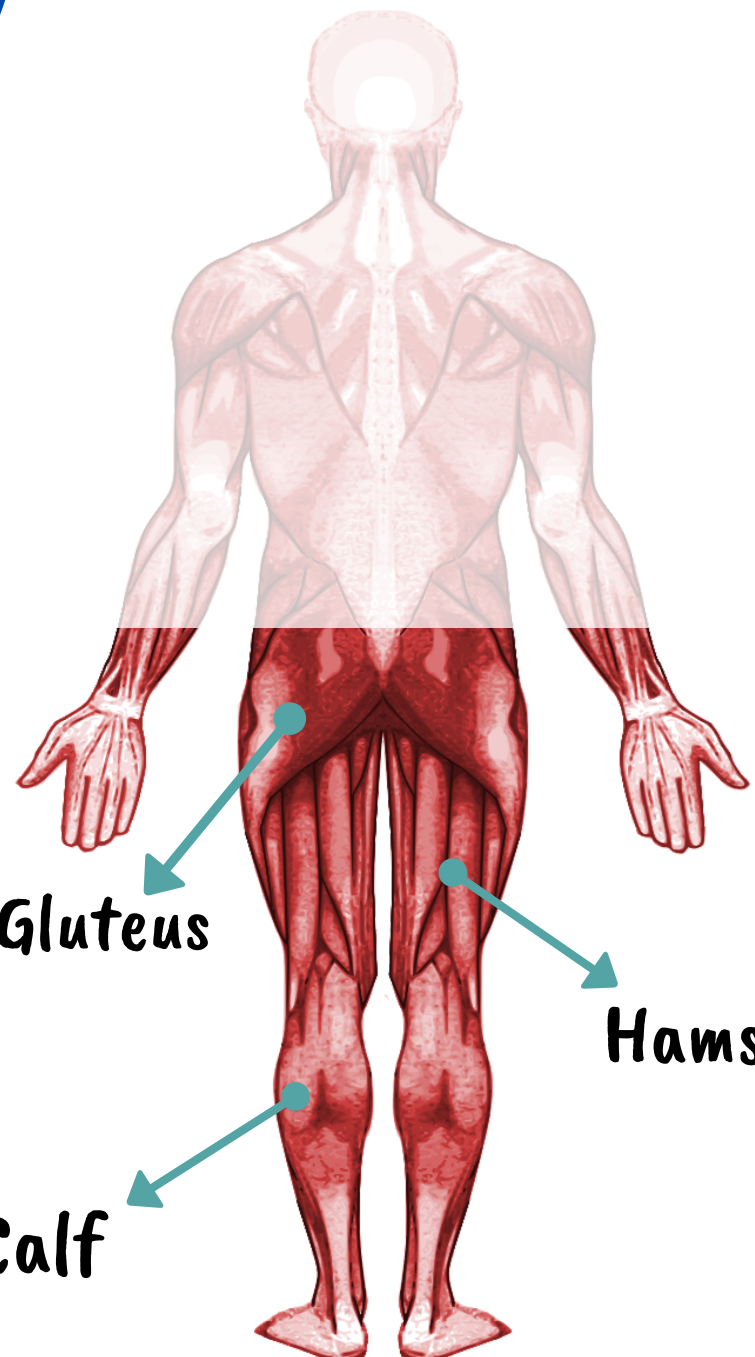
Today we learn about...



LOWER BODY



Quadriceps



Gluteus

Hamstring

Calf



ANATOMY AND EXERCISE

Today we learn about...



CALVES

Function

FLEXING the foot at the ankle joint and FLEXING the leg at the knee joint.

Useful for...

Walk

Run

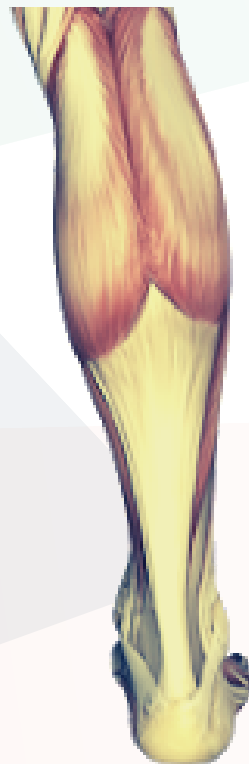
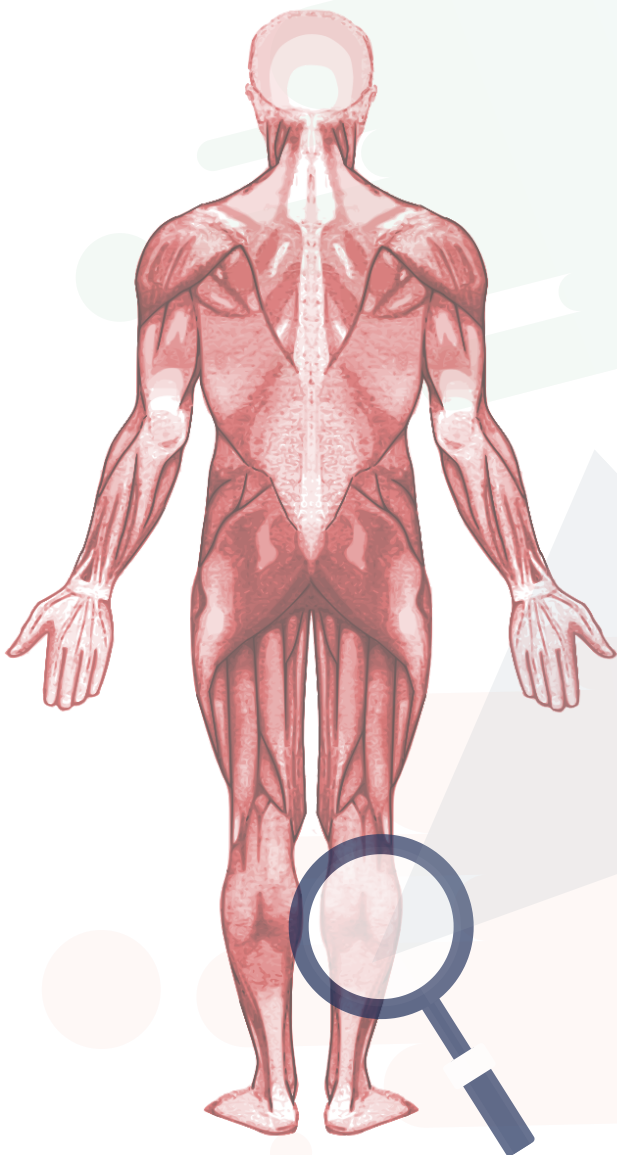
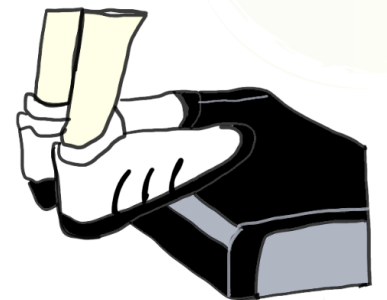
Jump

Lift my body



Strength

Stretch



ANATOMY AND FITNESS

Today we learn...

QUADRICEPS

Function

STRETCH OUT my knee and FLEX my hip
Useful for..

Walk

Run

Jump

Stand up



Strength

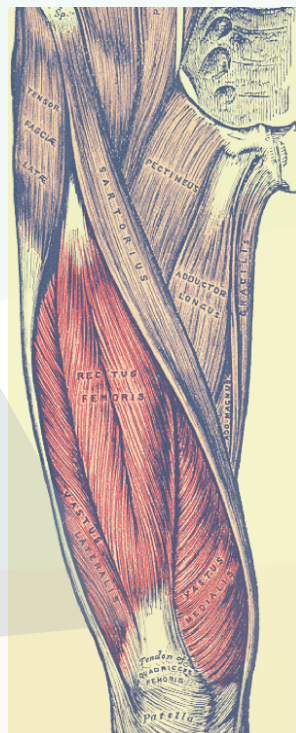
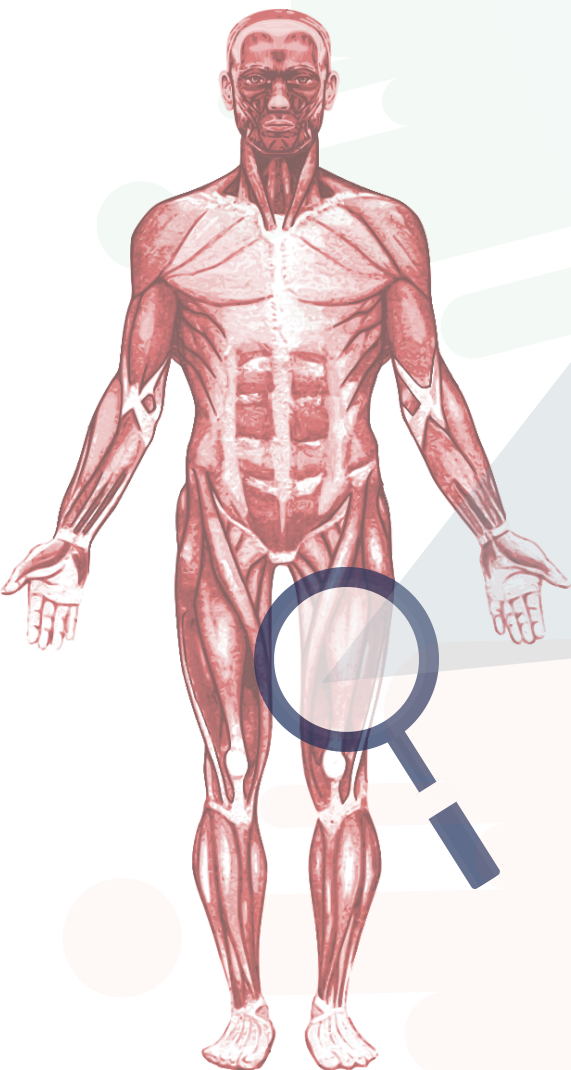
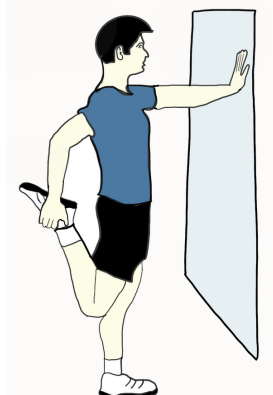
The best exercise to strengthen is called "squat".

Gluteus out (neutral spine) and chest forward. Legs separated in line with the hip. Feet facing the front.



Stretch

The opposite action to strengthening, in this case a knee flexion.



ANATOMY AND FITNESS

Today we learn...

HAMSTRING

Function

FLEX my knee and EXTEND my hip.

Useful for...

Walk



Run



Jump

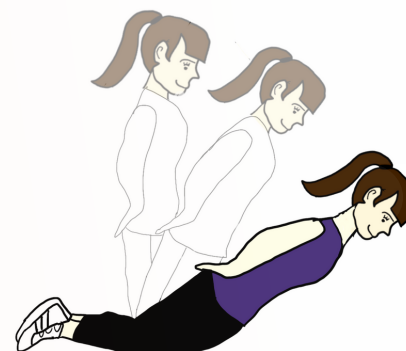


Back kick



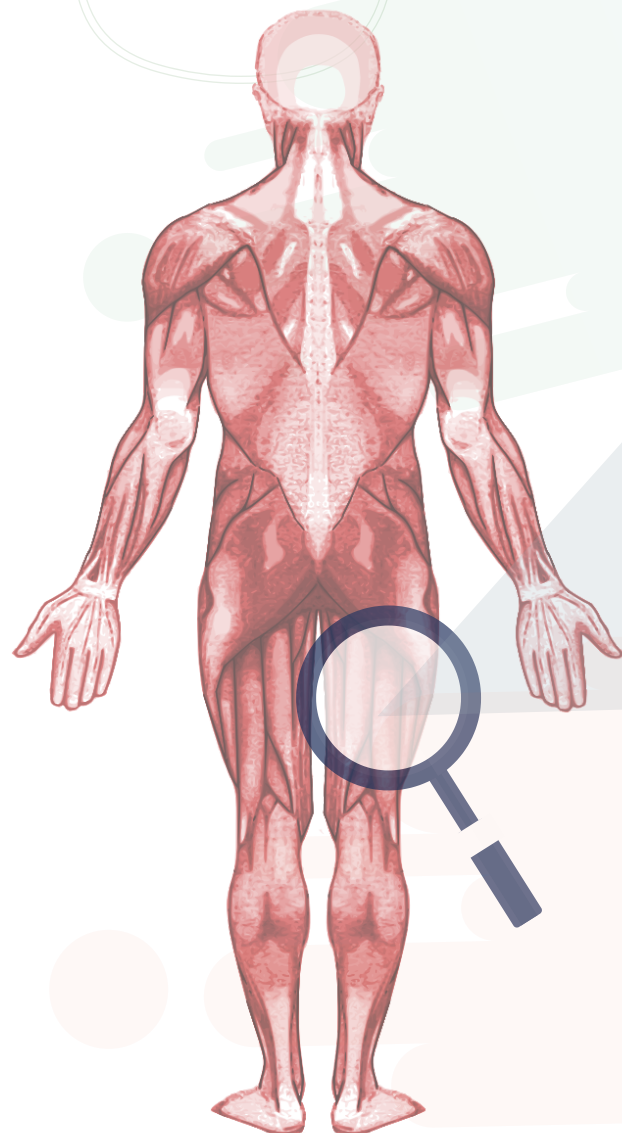
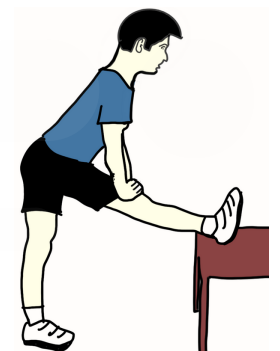
Strength

I get on my knees and keep the position slightly inclined, going down little by little, and maintaining position.



Stretch

I extend the leg on a short step and slightly lean the body. Gluteus out and don't curve your back.



ANATOMY AND FITNESS

Today we learn...

GLUTEUS

Function

EXTEND and ROTATE my hip. They also STABILIZE the pelvis.

Useful for...

Back kick

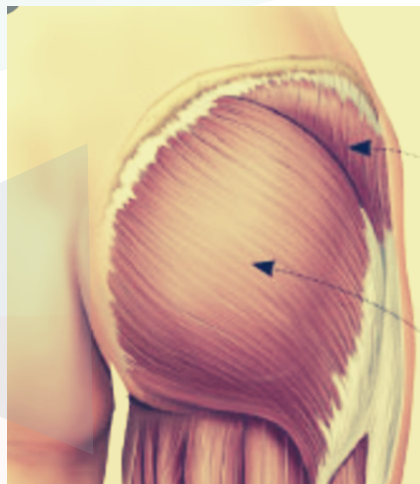
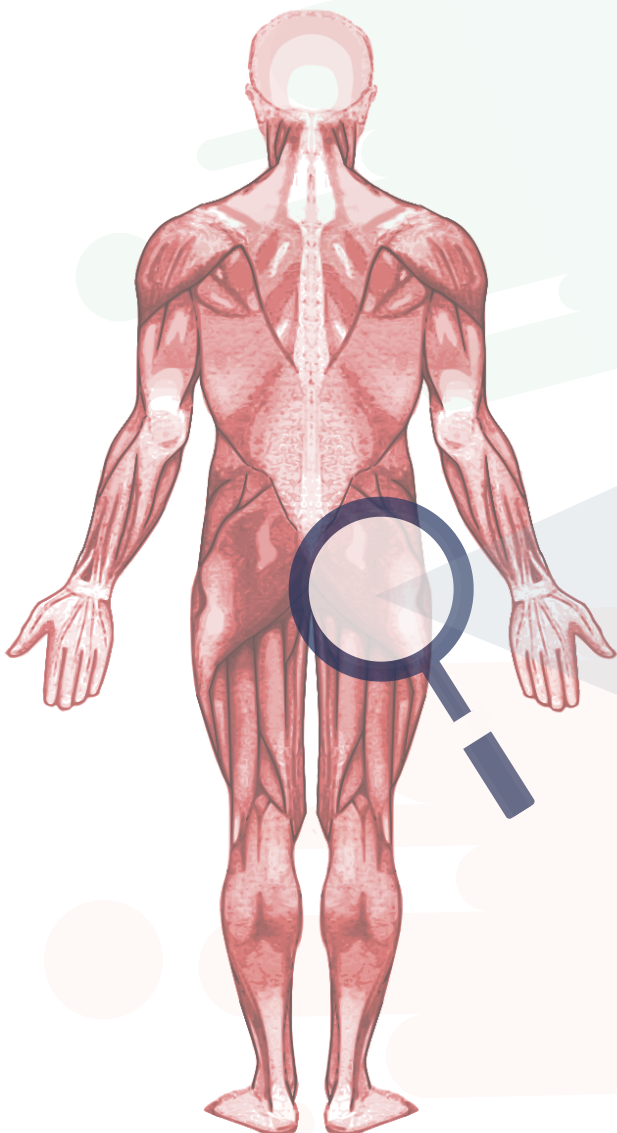
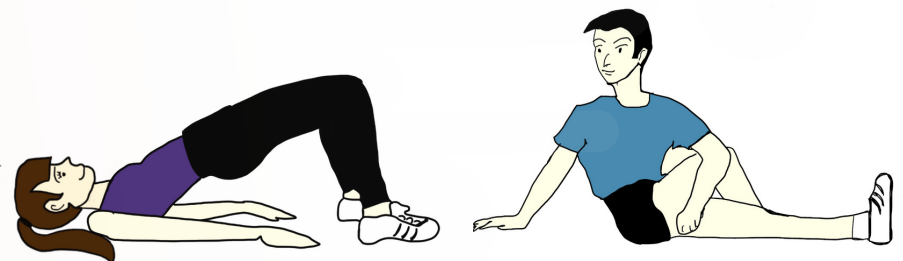


Strength

I lift up my pelvis and hold the position by contracting gluteus.

Stretch

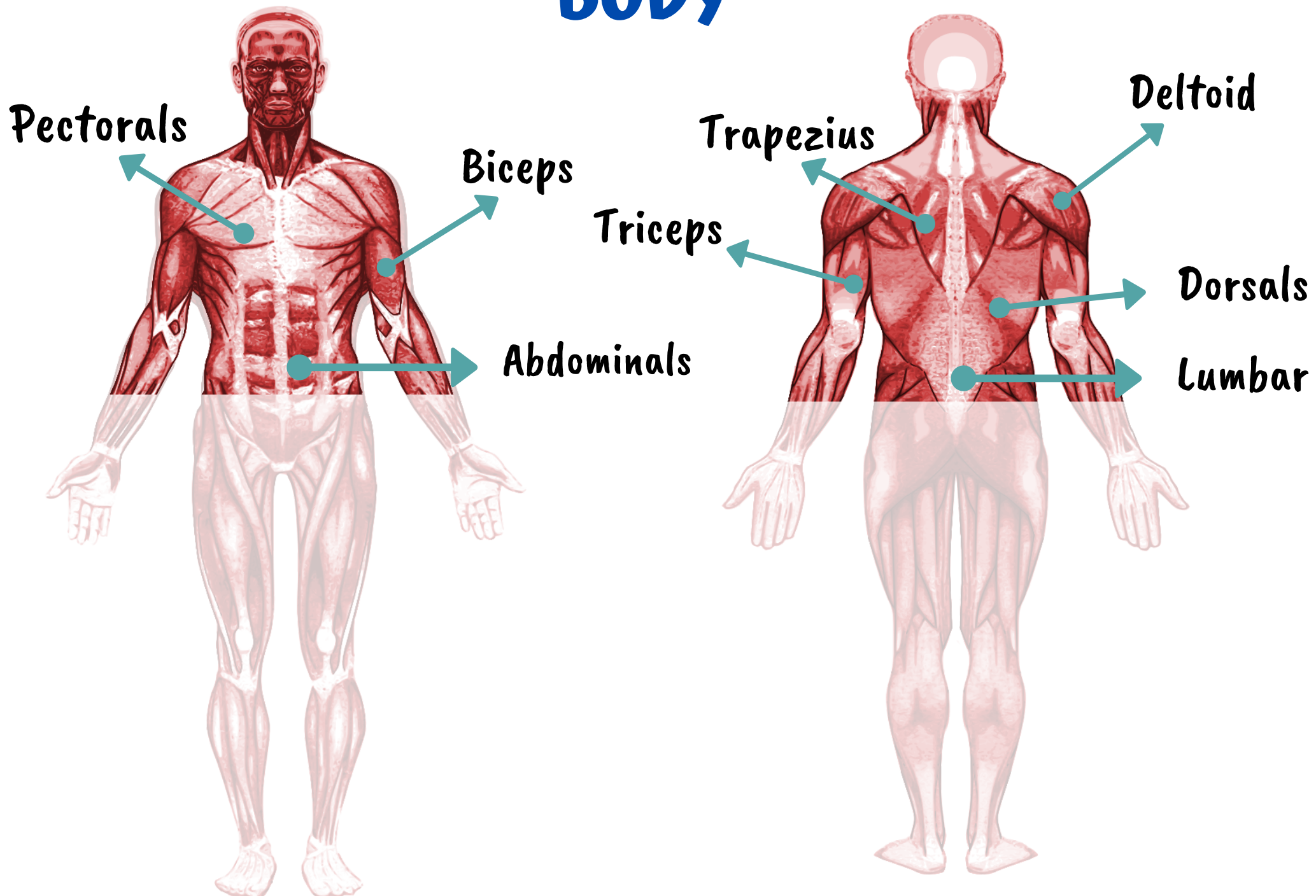
I sit down and cross a leg. At the same time I cross my opposite arm pushing the elbow against the leg, so the cross leg does not move.



ANATOMY AND FITNESS

Today we learn...

UPPER BODY



ANATOMY AND FITNESS

Today we learn...

ABDOMINALS

Función

STABILISE and FLEX the torso (body straight). They protect and maintain the organs in place.

Useful for...

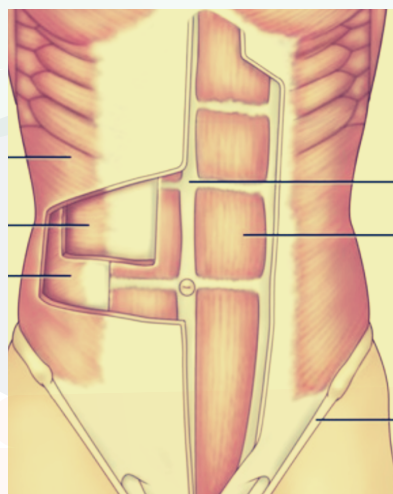
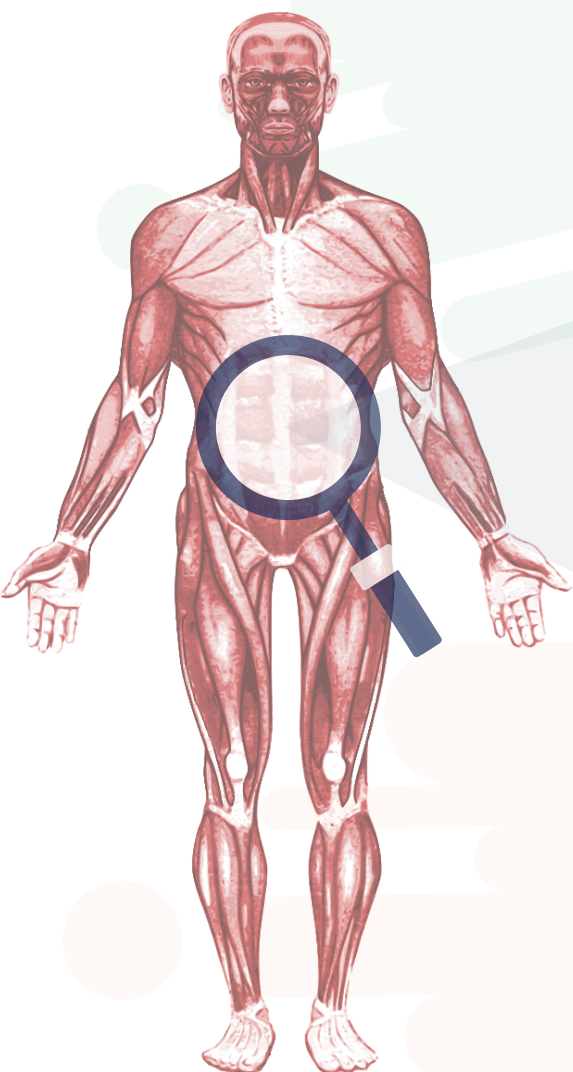
Body posture



Lift weight

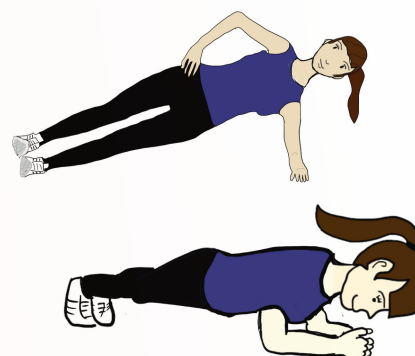


Breathe (exhalation)



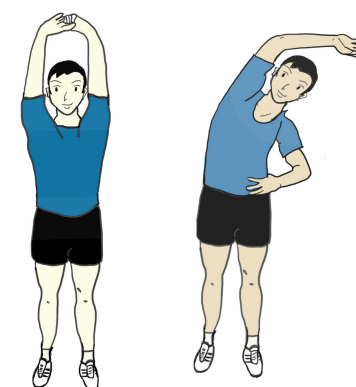
Strength

By doing isometric exercises.
For example, plank exercises.



Stretch

Extend the torso by putting up the arms.
Extend laterally the arm with a light tilt.



ANATOMY AND FITNESS

Today we learn...

LUMBAR

Function

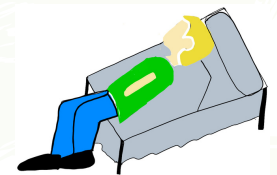
STABILIZE the spine and control its flexion and tilt.

Useful for...

Body posture

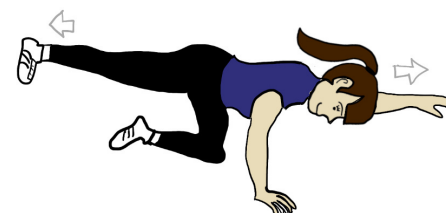


Extend the body



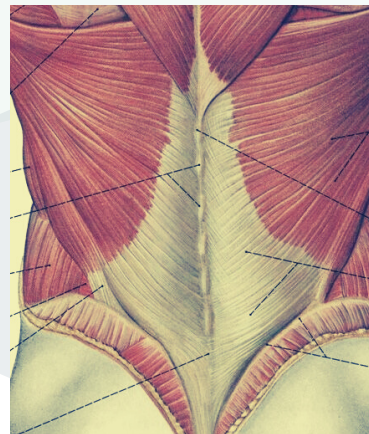
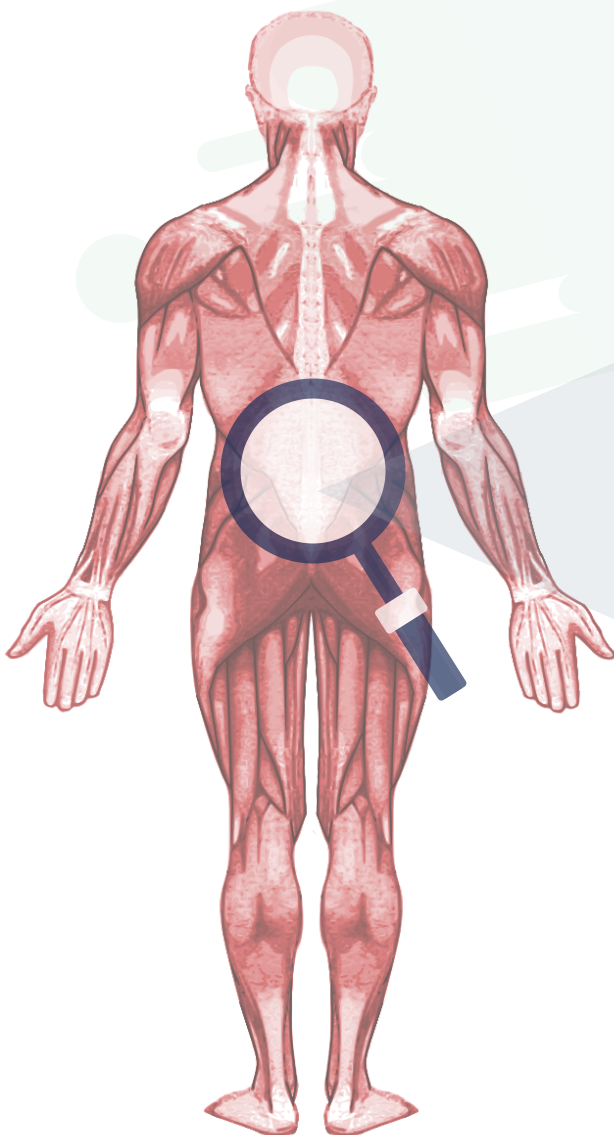
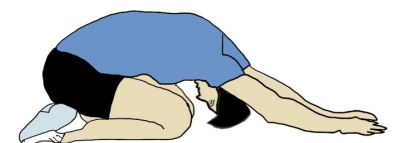
Strength

I alternately extend one arm and his opposite leg. Initial posture: 4 supports. Final posture: 2 supports.



Stretch

I shrink my body onto my knees. The head is down and the arms above are extended. I hold the position.





ANATOMY AND FITNESS

Today we learn...



PECTORALS

Function

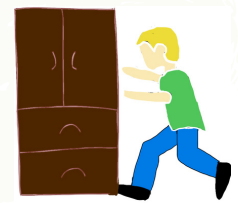
Bring my arms close to my body and keep my shoulders in place.

Useful for...

Hug someone



Push

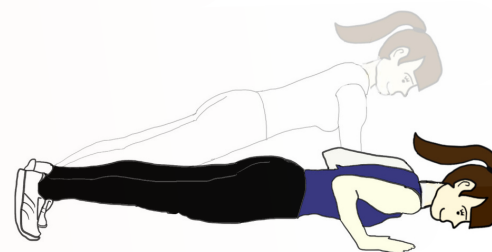
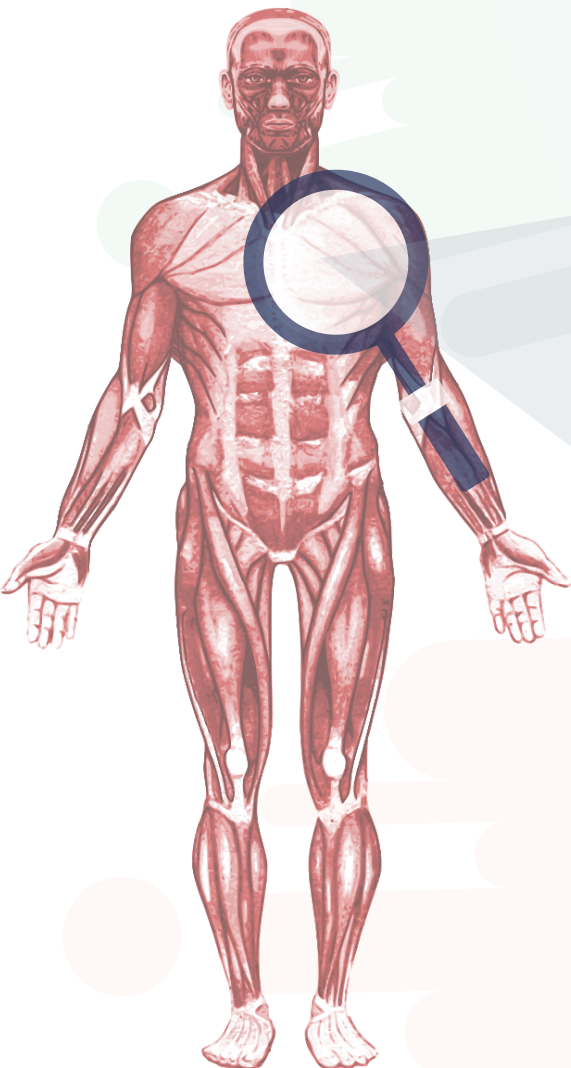


Strength

Push ups. If needed you can touch the ground with your knees.

Stretch

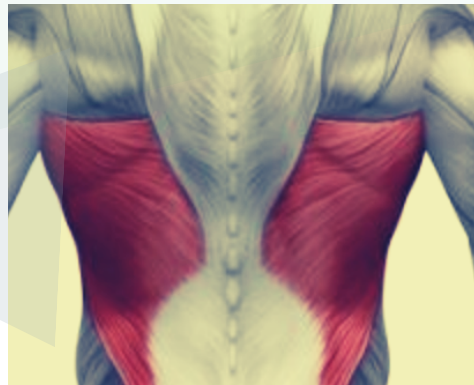
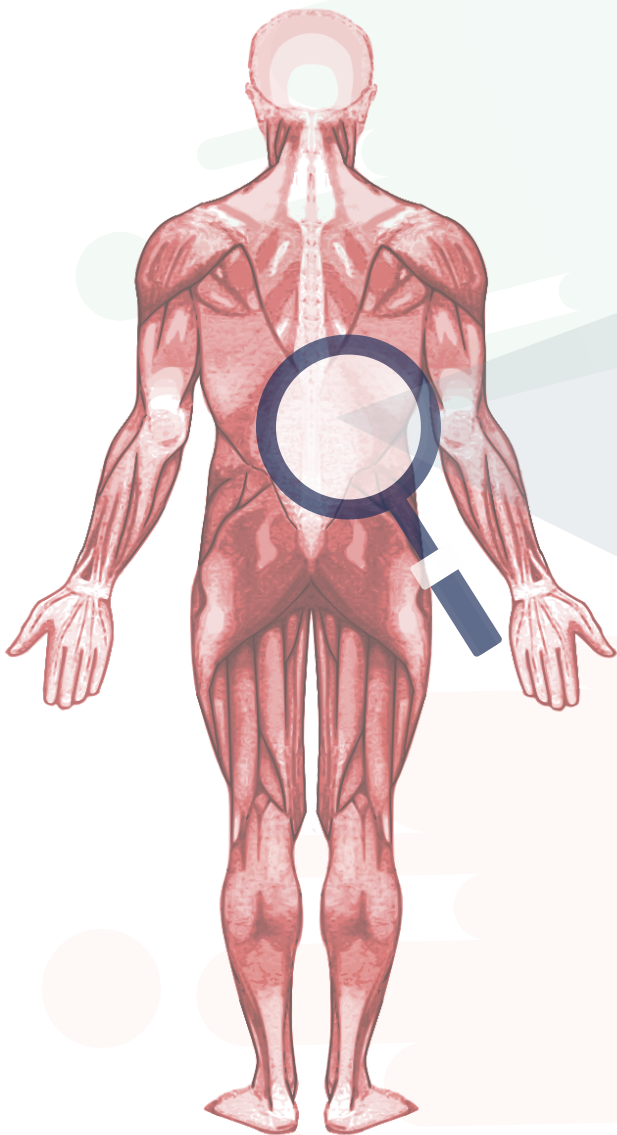
I put my chest forward and put my arms back together.



ANATOMY AND FITNESS

Today we learn...

DORSALS



Function

MOVE back the arm and LOWER the arm

Useful for...

Grab something



Lift my body



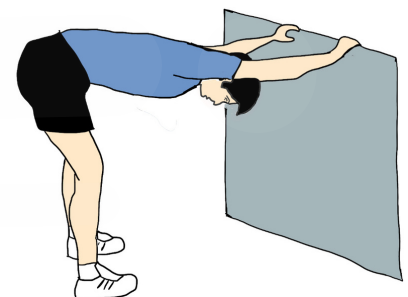
Strength

With a rubber band, I extend both hands in front of my body and grab the end of the rubber band. I pull back moving the elbows toward my body.



Stretch

I extend both hands over a surface. I flex my body and leave my head in a neutral position. I hold the position.



ANATOMY AND FITNESS

Today we learn...

TRAPEZIUS

Function

RISE UP the clavicle and the scapula. KEEP the shoulders upright.

Useful for...

Body posture



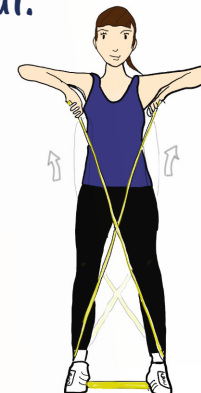
Shrug shoulders



Strenght

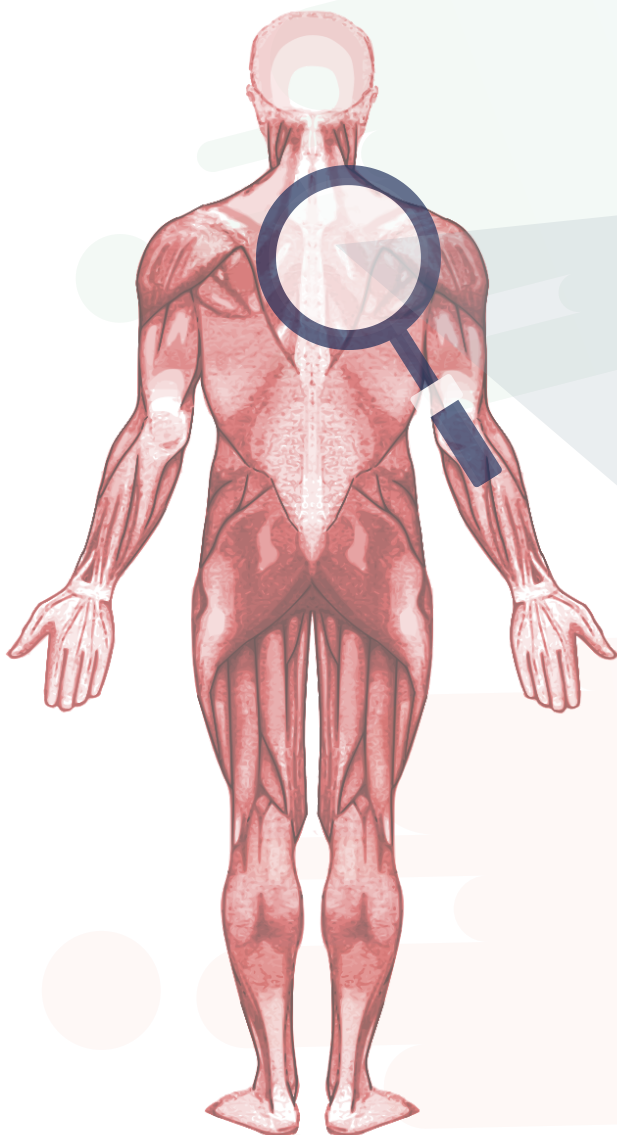
Rubber band crossed in front of the body. The ends are held by the opposite hand.

The starting position is with your hands together at the waist. The final is with both hands separated at the height of the pectorals. Keep your gluteus out.



Stretch

With one arm outstretched, I rest the opposite hand on the head. I hold my position and change sides.



ANATOMY AND FITNESS

Today we learn...

DELTOIDS

Function

RAISE the arm forward, backward and away from the body.

Useful for...

Waving

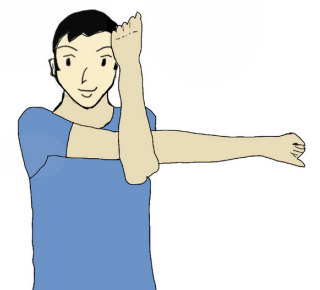
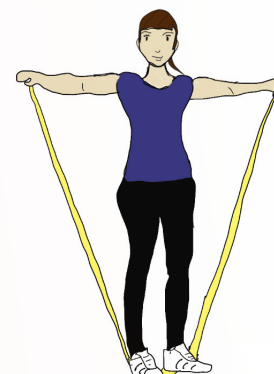
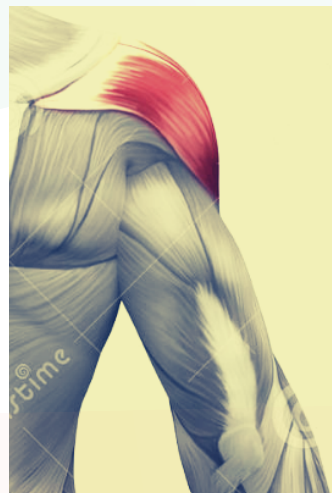
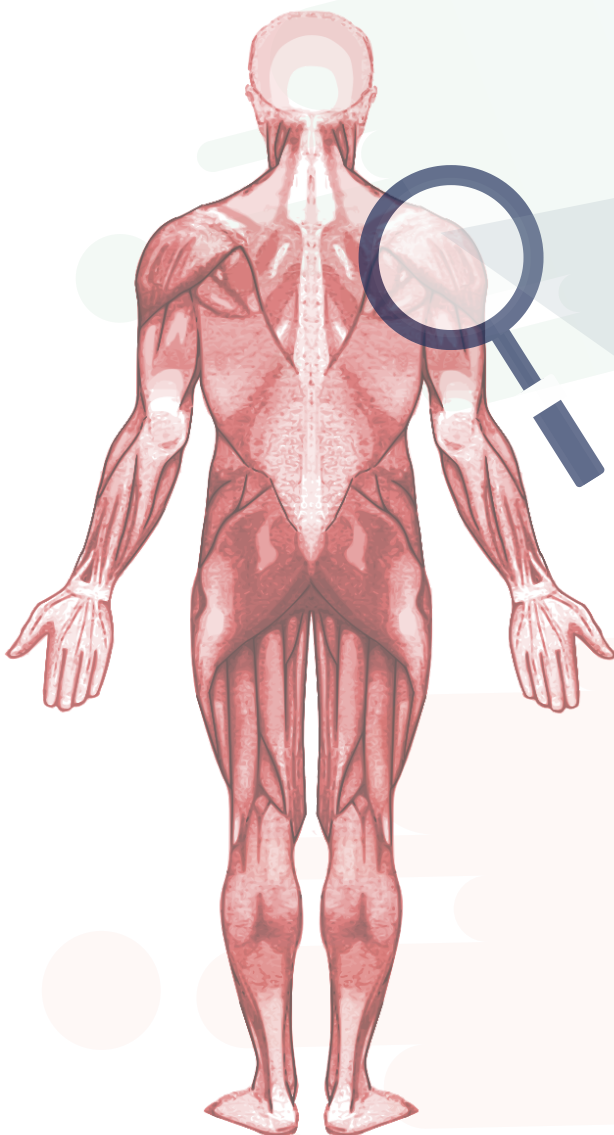


Strength

I step on the rubber band and catch it with both hands like in the picture. Starting position: both hands at waist level. Final position: arms spread laterally in a cross shape, shoulder height.

Stretch

Cross your arm in front of the body and with the opposite arm flex and trap it





ANATOMY AND FITNESS

Today we learn...



BICEPS

Función

FLEX the elbow and turn my arm out.

Useful for...

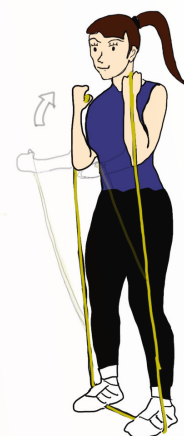
Bring hands to the body and face



Strength

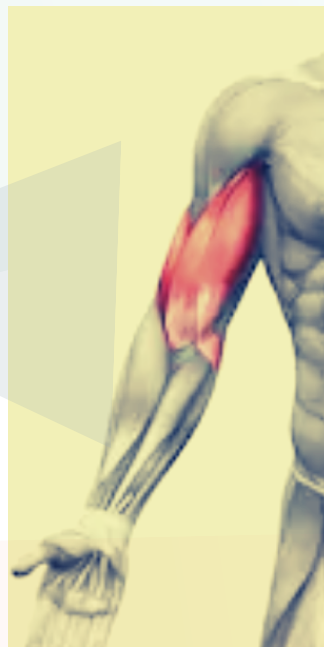
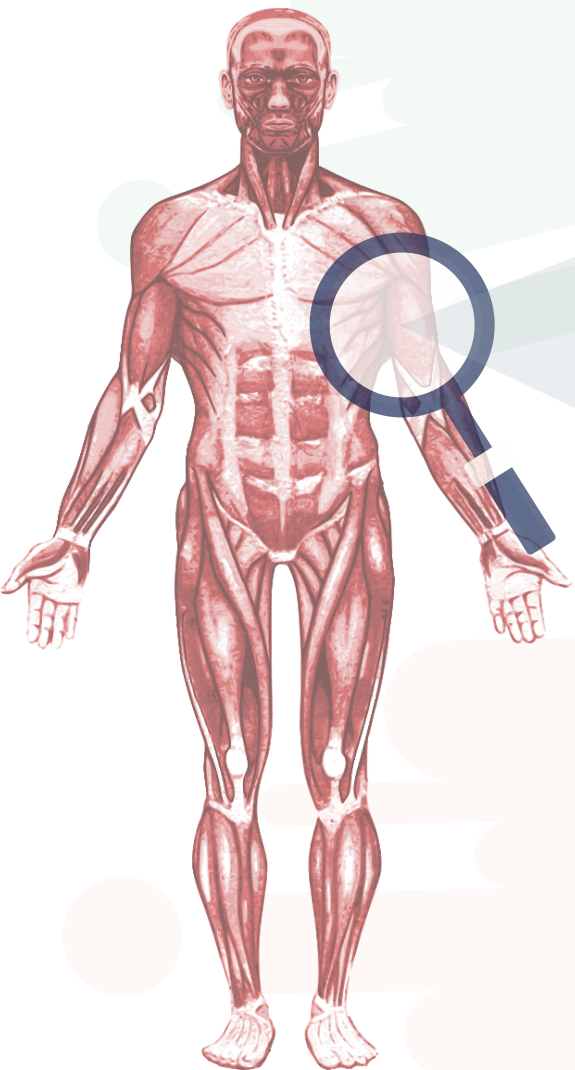
With a rubber band, I grab both the ends with the hands like in the picture.

We start with the arm at 90° flexing it up to shoulder height.



Stretch

I stretch the arm like in the picture and with the opposite hand, I hold the palm of the hand towards our body.



ANATOMY AND FITNESS

Today we learn...

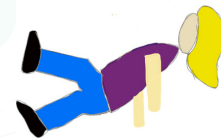
TRICEPS

Function

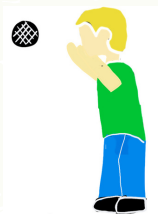
EXTEND my arm.

Useful for...

Soften falls



Throw



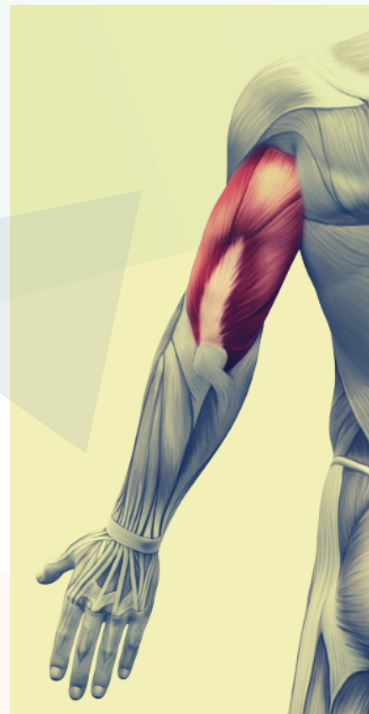
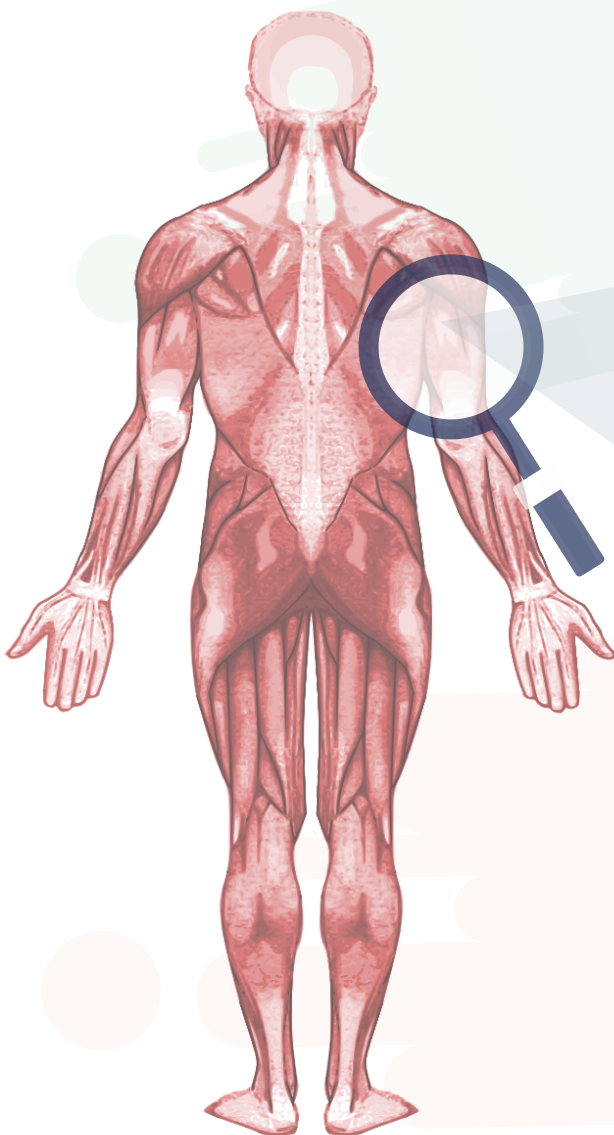
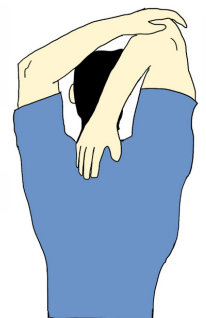
Strength

I sit down at the front of a bench or step. Starting position: arms semi-flexed behind the body and gluteus below the bench. Final position: arms extended and gluteus at the height of the bench.



Stretch

One arm bent behind the head, touching the neck. The other lightly presses the elbow of the flexed arm.



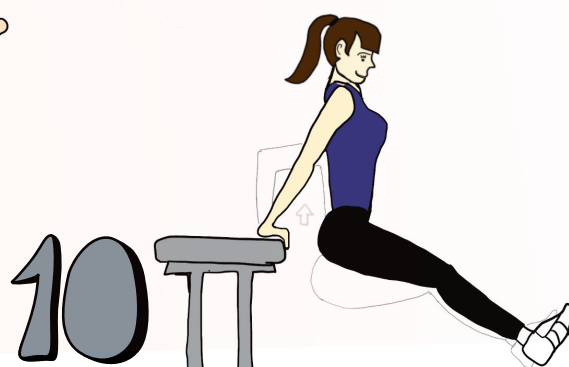
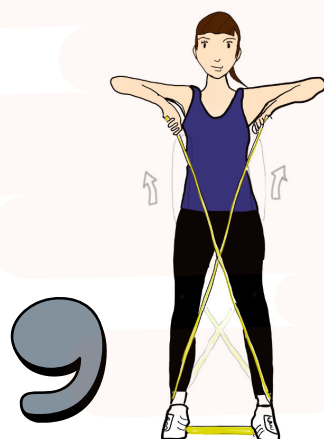
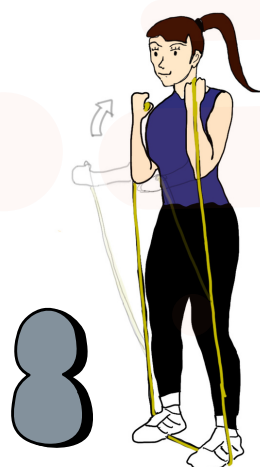
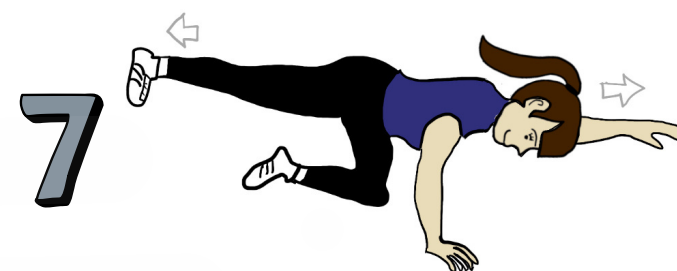
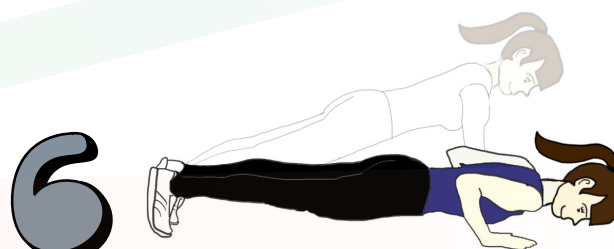
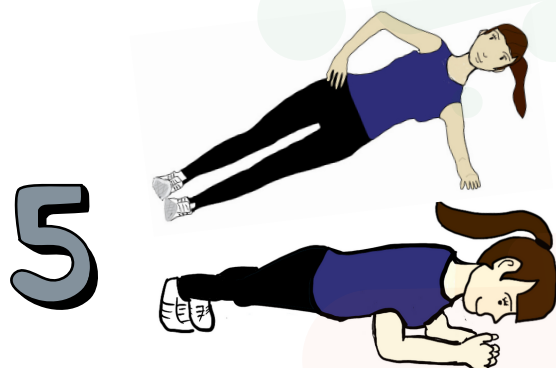
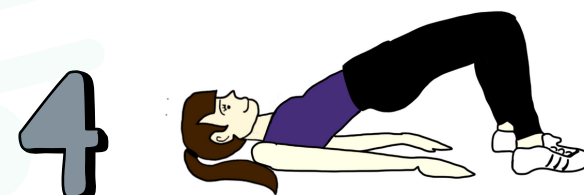
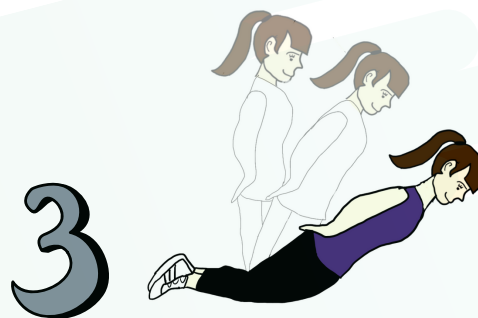
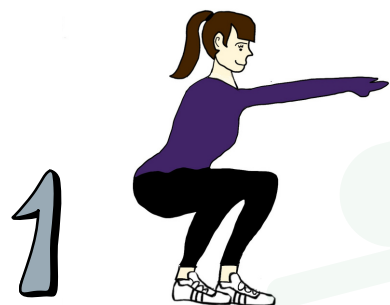


ANATOMY AND FITNESS

Quizz time!



WHAT MUSCLE IS STRECHTENDED?





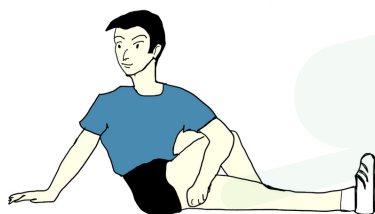
ANATOMÍA Y EJERCICIO

Veamos lo aprendido...

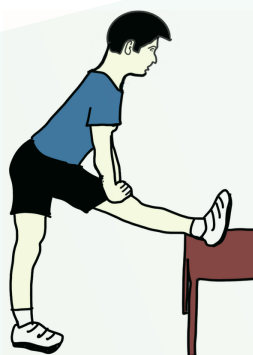


WHAT MUSCLE IS STRETCHED?

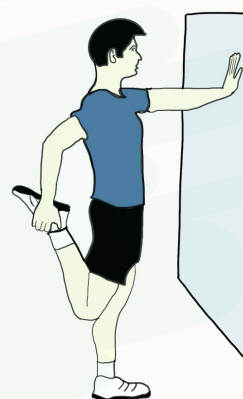
A



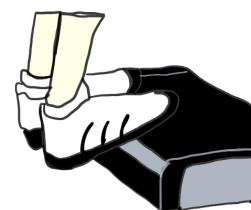
B



C



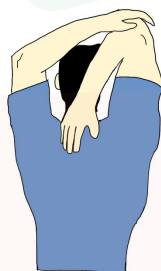
D



e



f



G



H



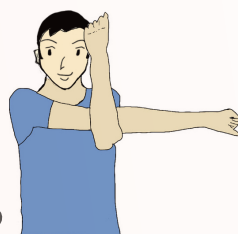
i



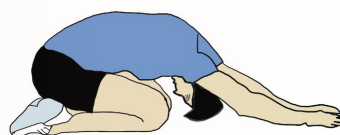
J



K



L



m

