



Get Fit. **Life Tip.**
Body 101 - Introduction

Each of the 640 muscles in the body serves a purpose and must function properly. All muscles may help our bodies achieve different things but they all have similarities:

All muscles move in all 3 planes of motion

- Frontal
- Sagittal
- Transverse

All muscles have 3 main functions

- Concentric movements (contracting/shortening of the muscle)
- Eccentric movement (lengthening of the muscle)
- Stabilization (isolating/no movement)

Twice a month you'll learn more about your body and how it function through Body 101. We'll be starting with the foot and working out way up. Stay tuned and learn more about the major muscle groups in your body work together to make it a fine tuned machine.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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