

# HOW WE MOVE – QUICK SUMMARY

## CONCENTRIC CONTRACTION V ECCENTRIC CONTRACTION

PNEMONIC: CON = AGAINST

ECC = ELONGATE

### FIRST QUESTION TO ASK YOURSELF:

Is it with gravity or against?

**AGAINST GRAVITY = SHORTENING... LOOK FOR THE  
MUSCLE GROUP THAT IS SHORTENING= CONCENTRIC**

**WITH GRAVITY = LENGTHENING... LOOK FOR THE  
MUSCLE GROUP THAT IS LENGTHENING = ECCENTRIC**