



working are:

- the quadriceps and hamstrings in the leg
- the biceps and triceps in the arm

## Muscle tone and posture

**Muscle tone** can be seen when muscles are in a state of slight tension and they are ready for action. Regular training tones muscles and helps to create good **posture**. In addition, muscles will **hypertrophy** (increase in size) and develop better **endurance**.

It also helps to prevent injury as good posture reduces the strain on muscles, tendons and ligaments.

Good **posture** helps with sporting performance as special positions are often

