Figure 10-5 shows the antagonistic actions of the clavicular and sternal parts of the pectoralis major. The subject is attempting shoulder joint extension with his right arm, bringing the sternal portion into strong contraction, and shoulder joint flexion with his left arm, bringing the clavicular portion into strong contraction. In the classroom, this may be demonstrated by having the subject clasp his hands together at chest level in front of the body. Right shoulder joint extension against the resistance of left shoulder joint flexion will duplicate the situation in Figure 10-5. By alternately reversing the actions, the sternal and clavicular parts will jump in and out of action in reciprocal fashion. The inactive parts remain flaccid, under the influence of the mechanism of reciprocal innervation. However, if the subject presses his hands together strongly, both parts of both muscles come into action simultaneously, since both parts are prime movers for horizontal flexion.