Instructions: Identify the major joint actions and the appropriate planes and axes for each movement shown on these four pages.

1. Crutches

2. Curlup
3. Squat

![Squat Images]

4. Pushup

a. Pushup start position

b. Pushup end position
5. Bowling

6. Golf
7. Mature throwing

8. Immature throwing

9. Shot put