Types Of Levers

First Class Lever (HEAD)

- **Fulcrum**: Pivot point created between the resistance in chin and effort in neck.
- **Effort**: Neck muscles contracting and pulling neck down.
- **Resistance**: Resistance in the chin keeping the head pointed upwards.

Second Class Lever (LEG)

- **Fulcrum**: Pivot point created at the toes.
- **Effort**: Muscle contraction pulling up the leg.
- **Resistance**: Weight from the body pushing down on ankle.

Third Class Lever (ARM)

- **Fulcrum**: Pivot point created on elbow between bicep and hand.
- **Effort**: Bicep muscle contracting pulling arm up.
- **Resistance**: Load on hand pulling arm down.

In The Human Body