

the values of ^{the} changing force,
3. It ^{explains} depends on how the movement is done. For instance ⁱⁿ walking, the when the foot touches the ground it pushes because there is a counterforce acting from the ground which offers a resistance.

c. When climbing the stairs the 3 articulations are:
1. the ankle, 2. knee, 3. hip.
The muscles ^{extensors} on the posterior side of the hip and upper leg contracts, then the leg ~~is~~ one leg swings forward the quadriceps works, the knee and the ankle flex, weight of body is shifted forward ^{but this} helps, ~~to~~ also the hands on knee to push off or on hand on railing. All this facilitates the action of the movement. The body is bent very much forward forming an angle at the hip especially for a tired or an older person. When the weight goes to