

The Amazing Human Body

THE
MUSCULAR
SYSTEM

BARBARA LOWELL



**BLACK
RABBIT
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CONTENTS

CHAPTER 1

Powerful Muscles.....4

CHAPTER 2

Skeletal Muscles.....8

CHAPTER 3

Involuntary Muscles....14

CHAPTER 4

Healthy and Hurt
 Muscles.....23

Other Resources.....30

Powerful MUSCLES

A runner speeds down the track. Her heart pounds. Her legs push. The runner's muscular system is in full gear.

The body's muscles make up the muscular system. Without muscles, people couldn't run, breathe, or even poop.



Types of Muscles

skeletal



cardiac



smooth



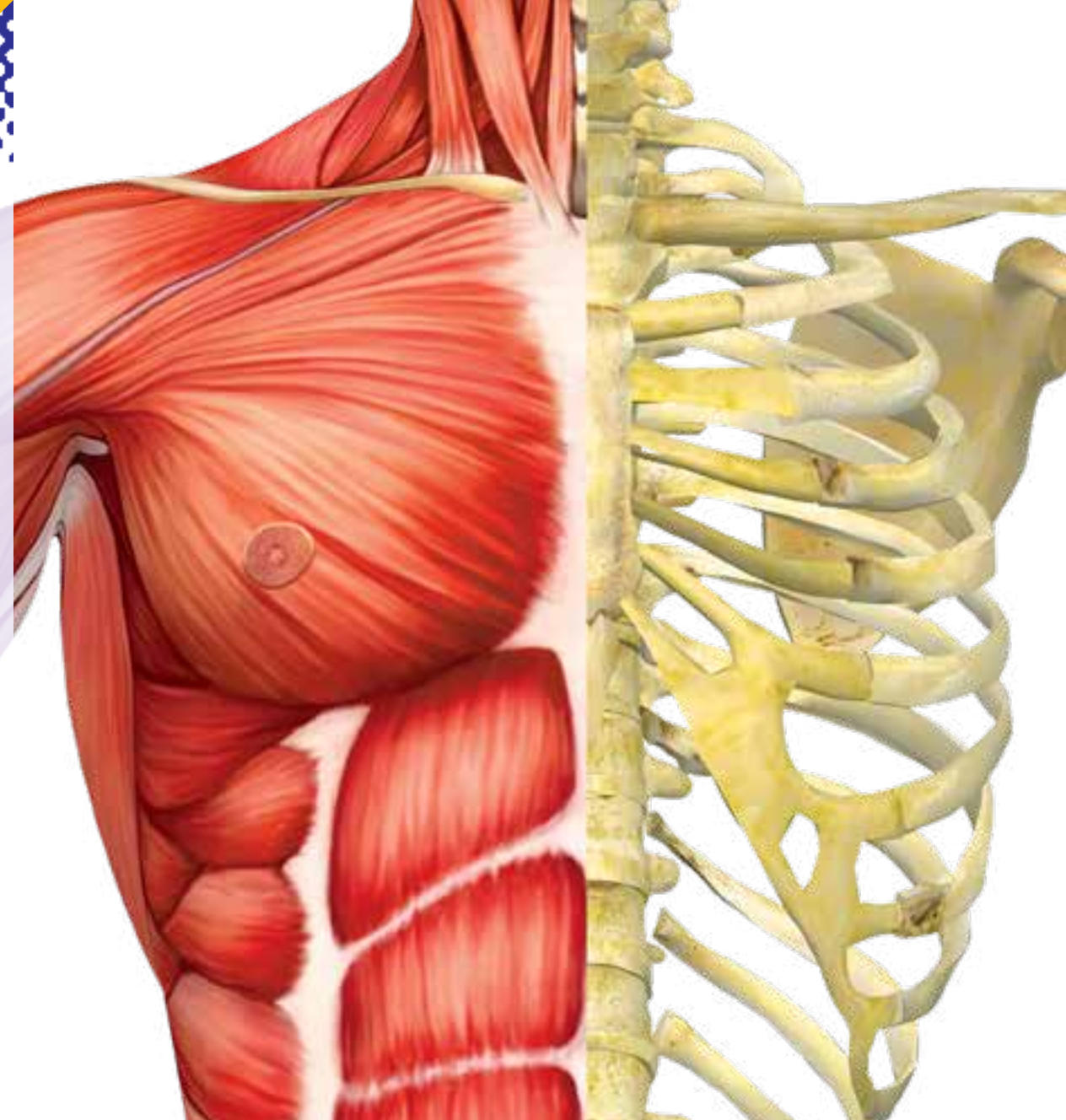
Three Kinds of Muscle

Every muscle works the same way. They **contract** then rest. This action beats the heart. It moves legs and arms. It **digests** food.

Three types of muscles work inside the body. Skeletal muscles make bones move. Smooth muscles are mostly in **organs**. Cardiac muscles make up the heart.

Skeletal MUSCLES

People control their skeletal muscles. So they are called **voluntary** muscles. Skeletal muscles connect to bones in the body. To move bones, the muscles work in pairs. One muscle squeezes and becomes shorter. The other muscle rests and becomes longer.



Up to half a person's weight
is from skeletal muscle.