

Muscles and Their Functions

A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body are known as muscles.

Movement

When one of them contracts, the bone is pulled in that direction. The other muscle of the pair relaxes. To move the bone in the opposite direction, the relaxed muscle contracts to pull the bone towards its original position, while the first relaxes. Thus, two muscles have to work together to move a bone.

