

# Working of Muscles

## 1. Answer the following questions:

A. Why exercise is useful for muscles?

---

---

B. How muscles work?

---

---

C. What are 12 different exercises?

---

---

## 2. Write True or False:-

A. Muscles are responsible for our body movement.

B. Exercise can't keep our heart beat continuously.

C. Muscles become smaller when contract and larger when relax.

D. Muscles produce movement by pulling against the bone.

## 3. Fill in the blanks:-

A. Muscles keep our gut from \_\_\_\_\_ and our lungs \_\_\_\_\_.

B. Muscles also produce heat which keeps our \_\_\_\_\_.

C. Muscles work all the time to help you keep your \_\_\_\_\_.

**4. Match the following:-**

<b>Column A</b>	<b>Column B</b>
i. Hamstrings	A. Pull ups
ii. Calves	B. Jump rope
iii. Chest	C. Bench press
iv. Back	D. Overhead press
v. Shoulders	E. Reverse grip
vi. Triceps	F. Squats
vii. Biceps	G. Wrist Curls
viii. Forearms	H. Close grip pull-up