

Working of the Muscles



- A. Muscles are responsible for our body movement.
- B. They keep our heart beating continuously.
- C. Muscles also produce heat which keeps our body warm.
- D. Muscles produce movement by pulling against the bone.
- E. Muscles that move your bones work in pairs. As one muscle contracts and gets shorter, another relaxes and returns to the normal length.
- F. Muscles work all the time to help you and keep your balance and to move your head, back, arms, legs and other parts.

HOW DO MUSCLES WORK

