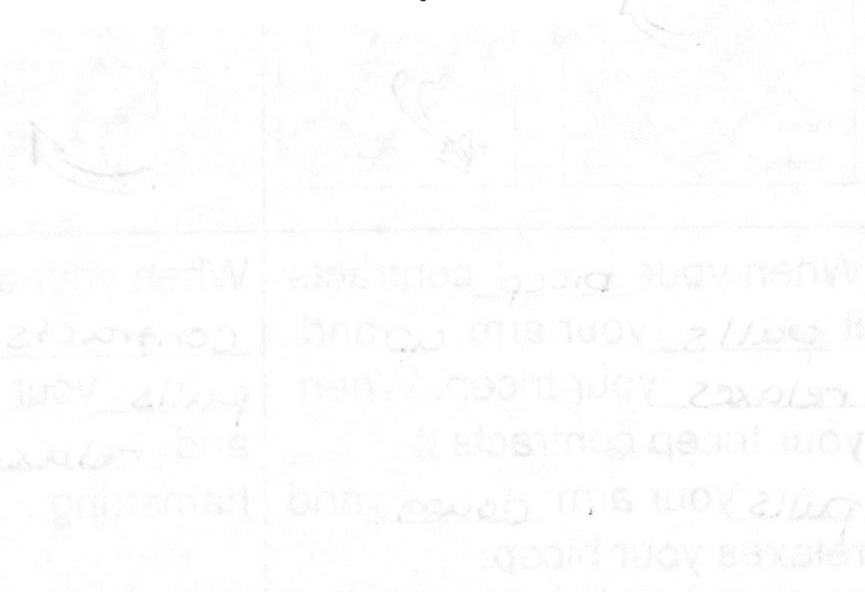


How do muscles work?

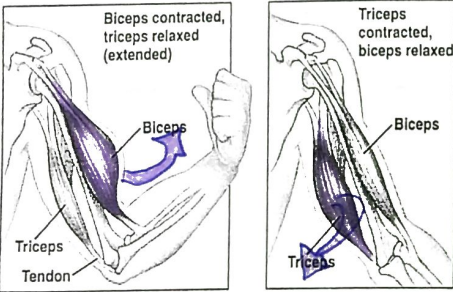
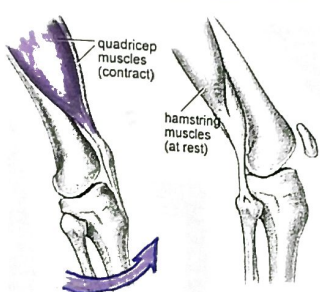
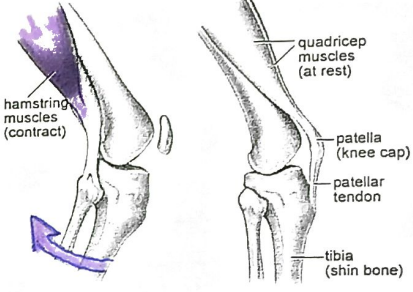
Why do muscles often work in pairs?

How do human arm and leg muscles work in pairs?



Muscles work by contracting, which means they shorten. As a muscle contracts, it pulls. The larger the muscle, the more powerfully it pulls.

Muscles can only PULL, never PUSH. They often work in pairs that pull in opposite directions. When one muscle PULLS, its partner RELAXES.

 <p>Biceps contracted, triceps relaxed (extended)</p> <p>Triceps contracted, biceps relaxed</p>	 <p>quadricep muscles (contract)</p> <p>hamstring muscles (at rest)</p> <p>quadricep muscles (at rest)</p> <p>hamstring muscles (contract)</p>	
<p>When your <u>bicep</u> contracts it <u>pulls</u> your arm <u>up</u> and <u>relaxes</u> your tricep. When your tricep contracts it <u>pulls</u> your arm <u>down</u> and relaxes your bicep.</p>	<p>When your quadricep <u>contracts</u> it <u>pulls</u> your leg <u>forward</u> and <u>relaxes</u> your hamstring.</p>	 <p>patella (knee cap)</p> <p>patellar tendon</p> <p>tibia (shin bone)</p> <p>When your hamstring <u>contracts</u> it <u>pulls</u> your leg <u>back</u> and <u>relaxes</u> your quadricep.</p>