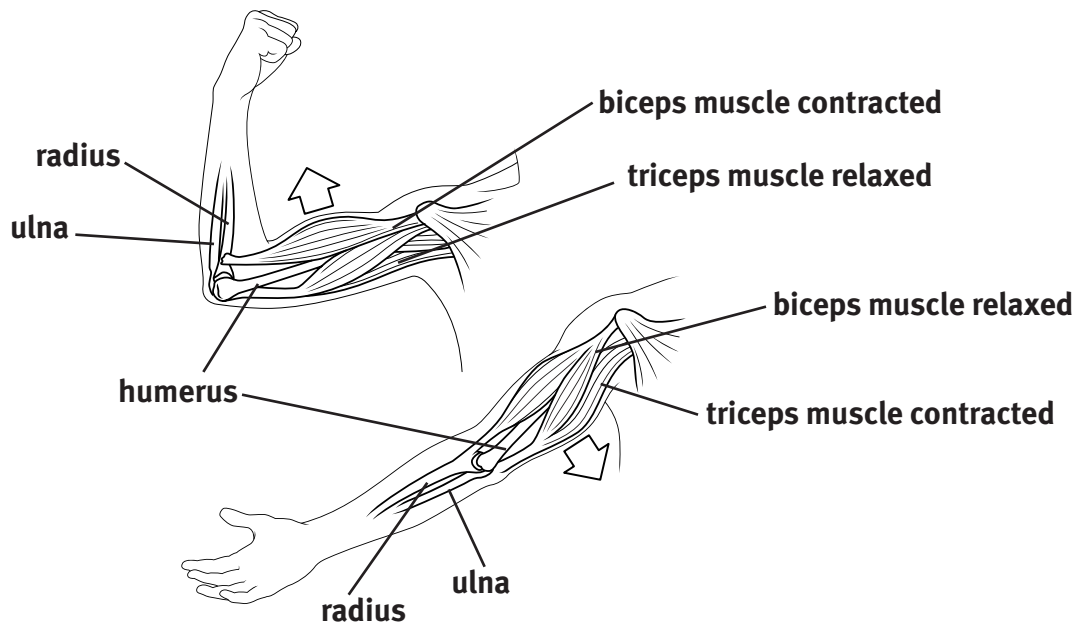


Name _____

Date _____

How Muscles Work

Directions: The diagram shows how voluntary muscles in the arm work. These muscles work in pairs. When one muscle in a pair contracts, the other muscle relaxes. The muscle that contracts pulls a bone in one direction. Use the diagram to answer the questions.



- Which muscles are shown in the diagram?

- What movement does the arm make when the biceps muscle contracts?

- Which bone does the biceps muscle pull? Where is this muscle in the body?

- How does the biceps muscle change when it contracts?

- What movement does the arm make when the triceps muscle contracts?

- Which bone does the triceps muscle pull?
