

## Muscular System

How many muscles are there in the adult human body? \_\_\_\_\_

What is the main job of the muscles? \_\_\_\_\_

Name the three main types of muscle.

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Describe the difference between voluntary and involuntary muscles.

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Which muscle is the strongest muscle in the human body?

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Describe the two ways that muscles work

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What two things work together to make the muscular system?

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Give one example of a way in which we can care for our muscular system.

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