



FUN FACTS ABOUT THE MUSCULAR SYSTEM

MORE THAN 600

The human body has more than 600 skeletal muscles. Together they make up roughly 40 percent of an adult's body weight.

PULL, NEVER PUSH

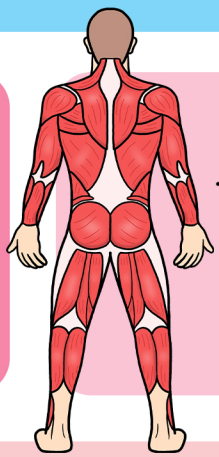
Muscles can only pull; they can never push. This is why skeletal muscles work in pairs to move a bone back and forth.

BIGGEST MUSCLE

The gluteus maximus is the largest muscle in the body. It helps you stand up, climb stairs, and keep your body upright.

FINGERS WITHOUT MUSCLES

There are no muscles inside your fingers. Muscles in your forearm and palm move your fingers by pulling on long tendons.



MIGHTY TENDON

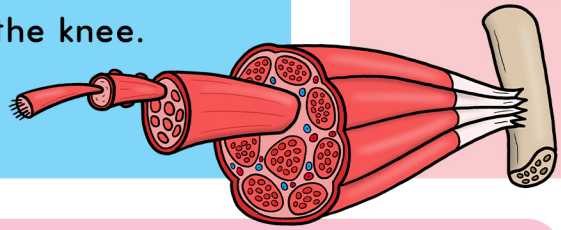
The Achilles tendon connects the calf muscles to the heel bone. It is the largest and strongest tendon in the body.

LONGEST MUSCLE

The sartorius is the longest muscle in the body. It runs from the hip all the way across the thigh to the inside of the knee.

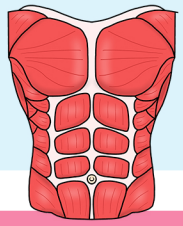
TINIEST MUSCLE

The smallest skeletal muscle is the stapedius, deep inside the ear. It is only about 1 millimeter long.



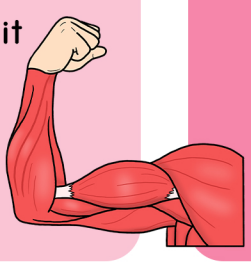
NONSTOP HEART

Cardiac muscle never takes a break. The heart beats about 100,000 times every day.



UPSIDE DOWN SWALLOW

Peristalsis is so strong that it can push food to your stomach even if you are hanging upside down.



BUILT-IN HEATER

When you shiver, your muscles contract quickly over and over. This movement makes heat that helps warm your body.

SUPERSTARWORKSHEETS

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