



How your muscles work

1. The human body has 600 muscles.
a. True b. false
2. Bicep and triceps' muscles are in _____
a. The arm b. the leg c. the stomach d. both a & b
3. Your brain tells your muscles when to move.
a. True b. false
4. Which activity will not get you strong muscles?
a. Playing sports b. playing at the playground c. sitting down
5. Circle the activity you would use to get strong muscles.



Commented [T1]: