

# Muscular System

1. What is the muscular system?
2. How many muscles do we have in our body?
3. What is the function of muscles?
4. Can you name three types of muscles?
5. What are skeletal muscles?
6. What do skeletal muscles help us do?
7. How do skeletal muscles work with bones?
8. Can you name a voluntary muscle in your body?
9. What are smooth muscles?
10. Where can we find smooth muscles in our body?
11. What do smooth muscles help us do?
12. Can you name an involuntary muscle in your body?
13. What are cardiac muscles?
14. Where are cardiac muscles found?
15. What makes cardiac muscles different from other types of muscles?
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22. What is muscle fatigue?
23. How do muscles repair themselves after exercise?
24. What is the importance of stretching before exercising?
25. How do muscles help us breathe?

# Muscular System Questions And Answers

**Stephanie Zinn**



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