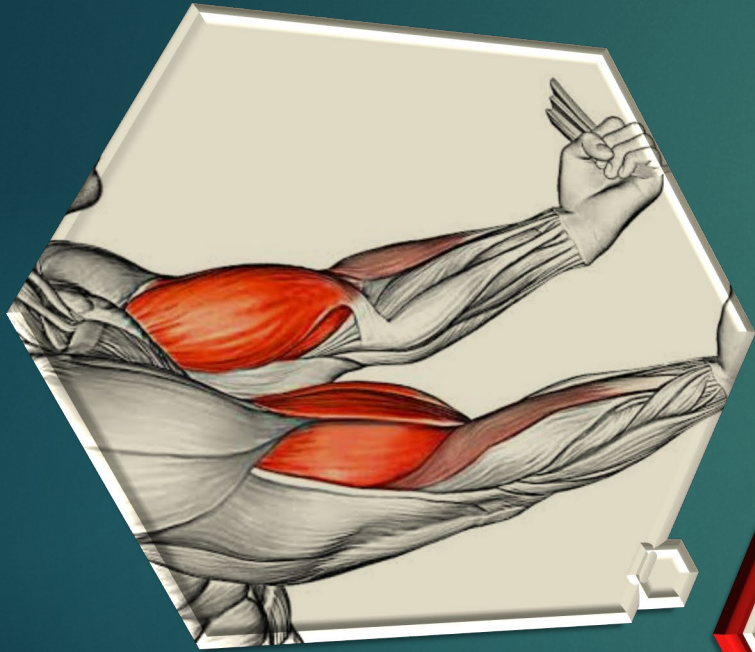
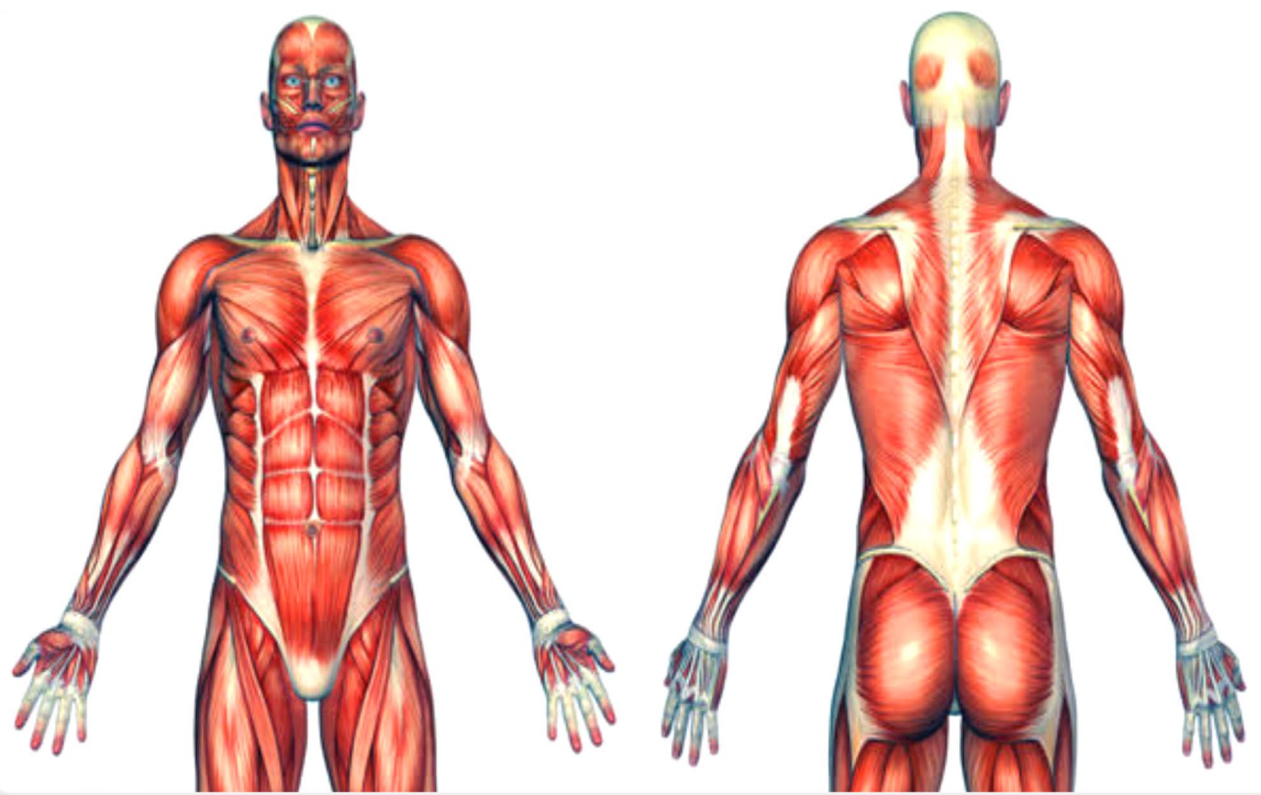


# MUSCLES



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- ▶ **VOLUNTARY MUSCLES**
- ▶ **These are muscles whose movement is under our conscious control.**
- ▶ **Examples of voluntary muscles**

- ▶ **Biceps**
- ▶ **Triceps**
- ▶ **Hamstring muscles**
- ▶ **Quadriceps muscles**

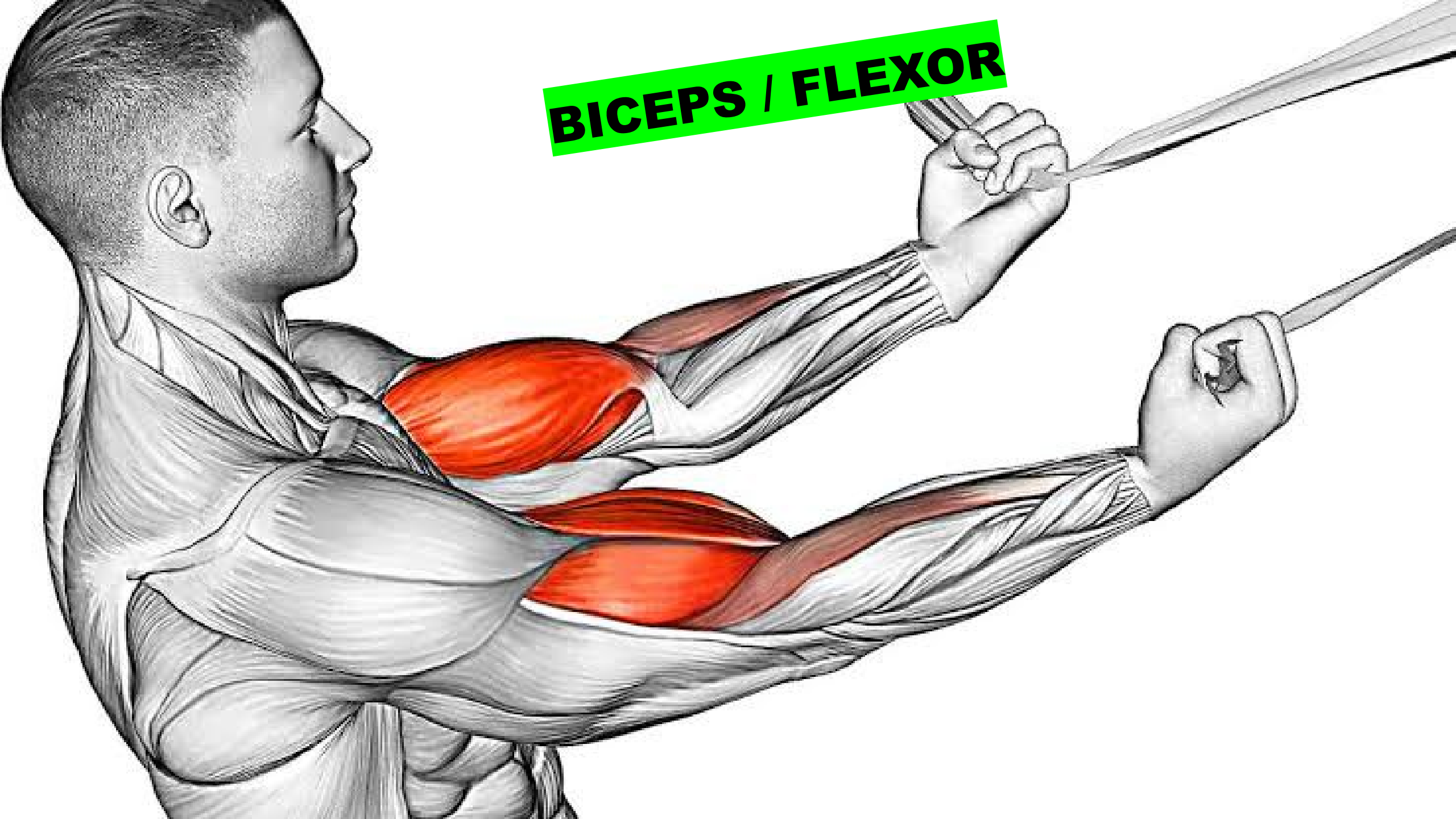


**BICEPS / FLEXOR**

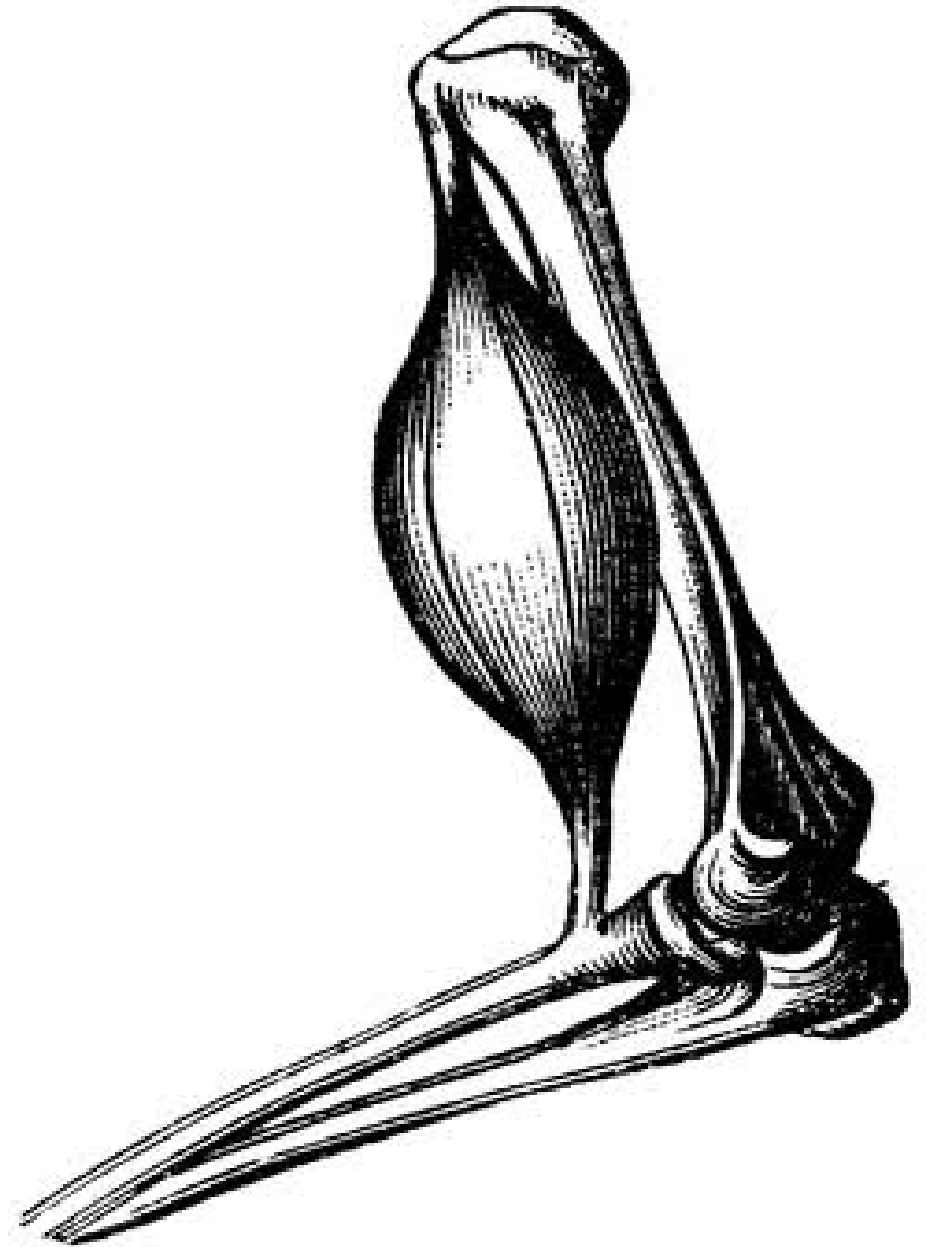
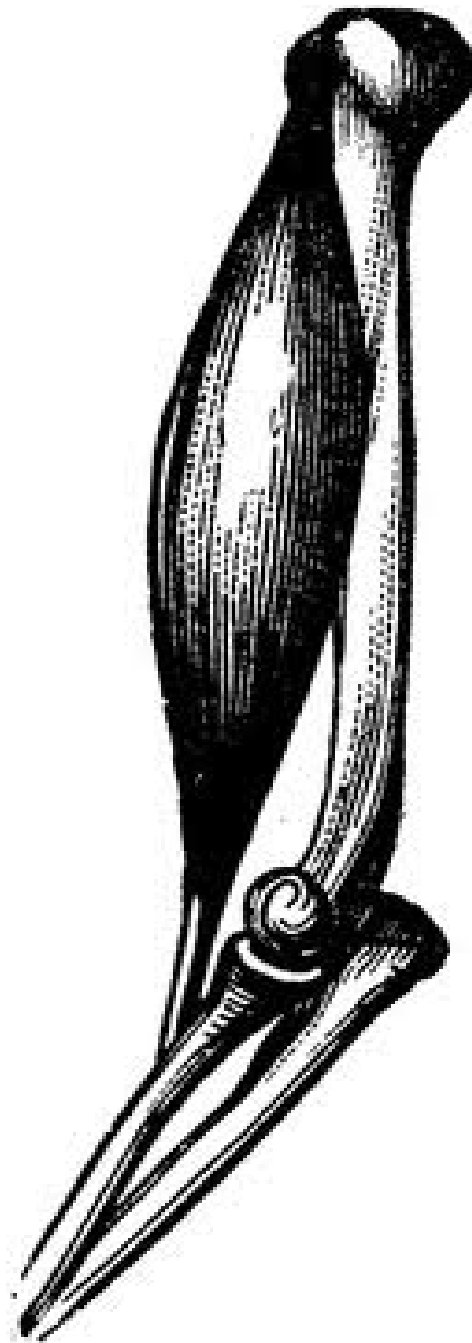




**BICEPS / FLEXOR**

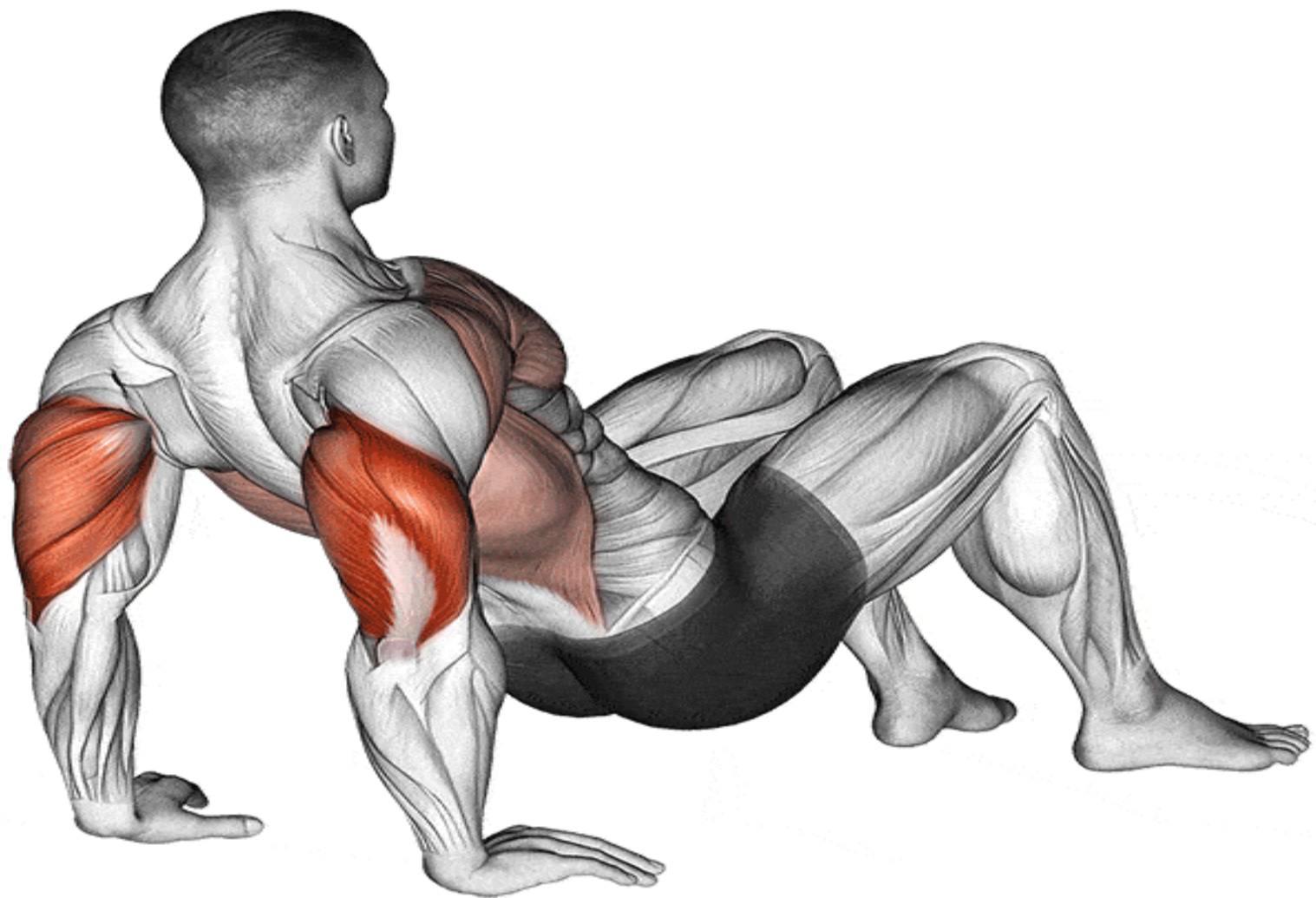


Biceps muscle  
or flexor



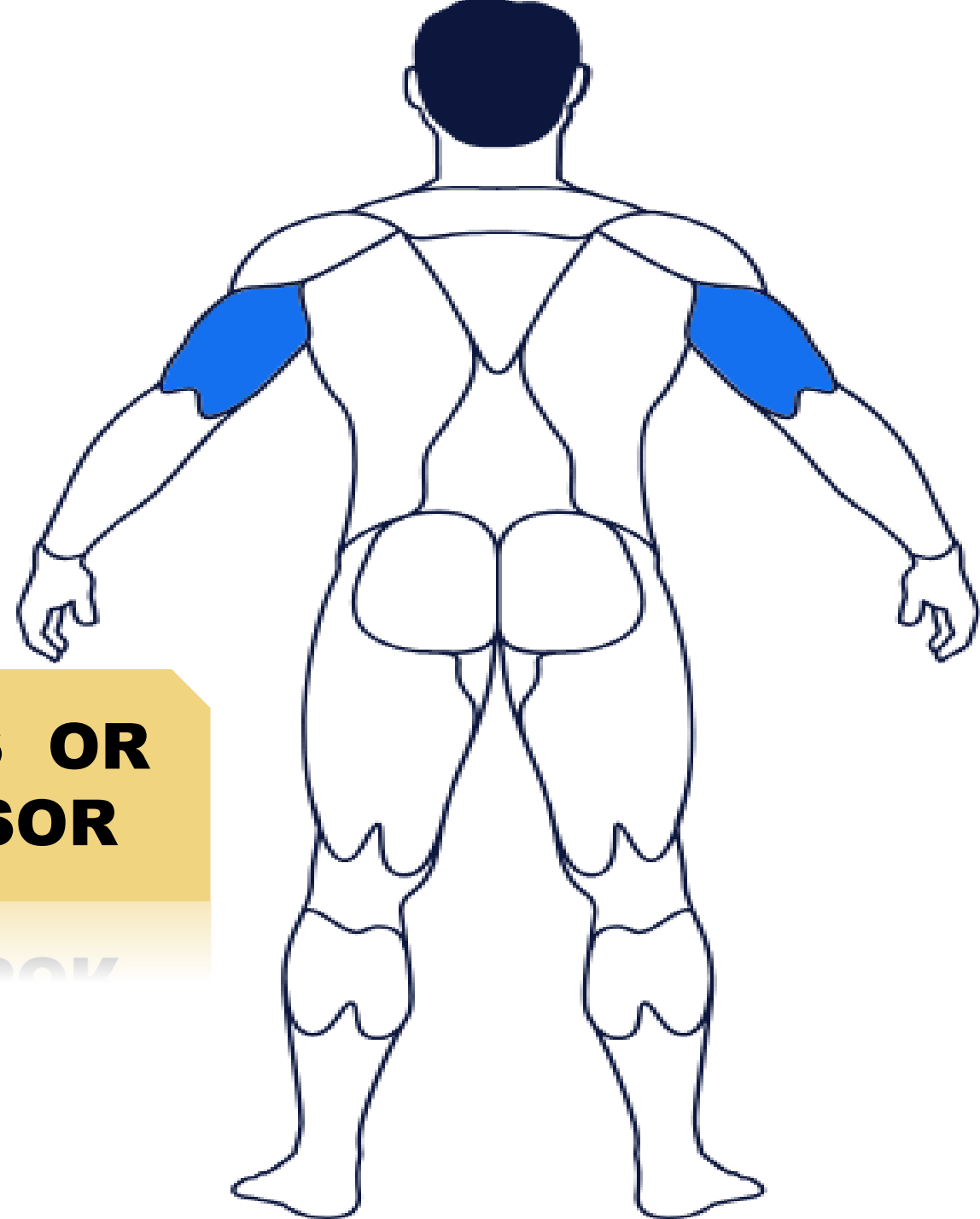
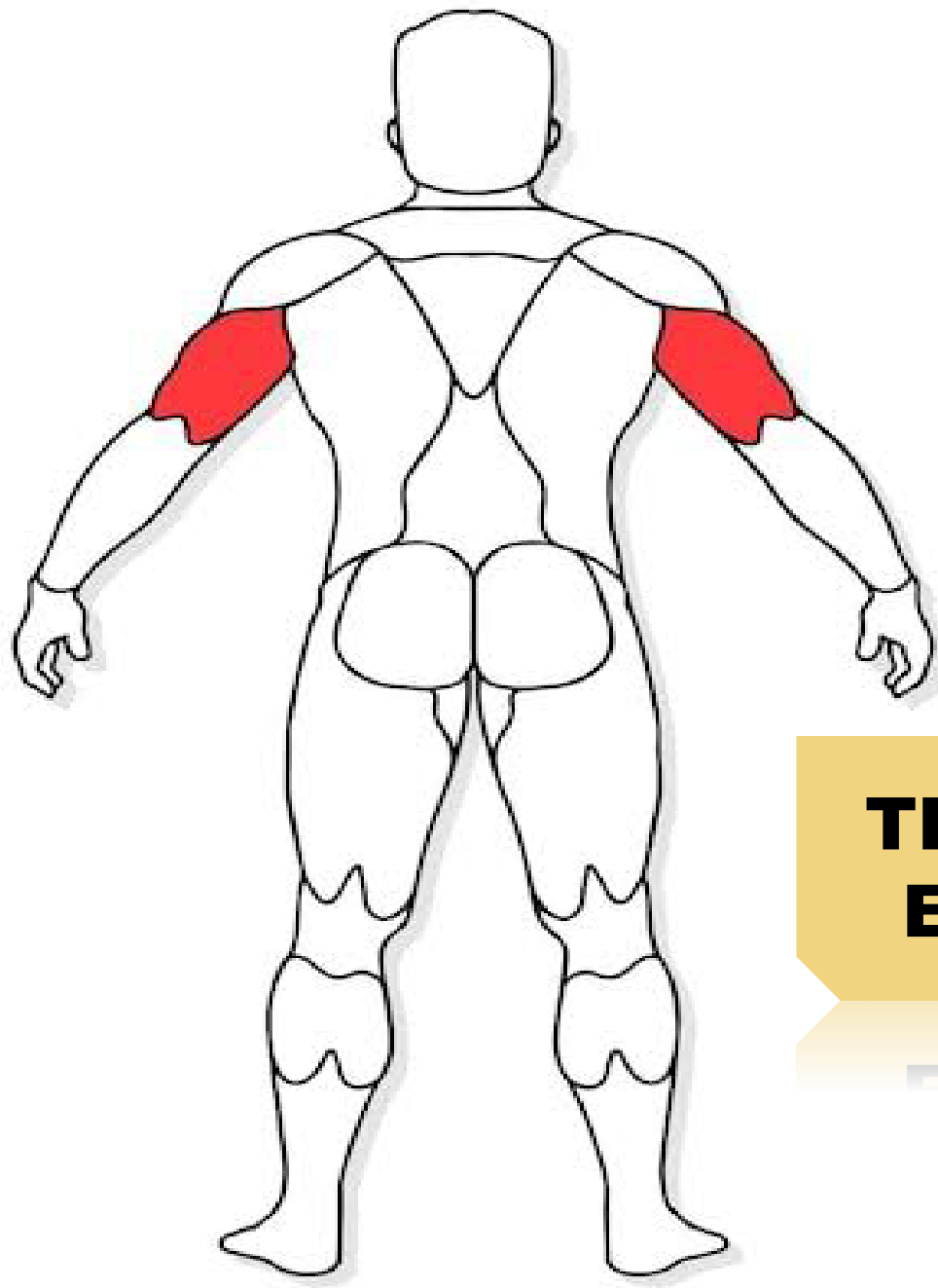


**TRICEPS / EXTENSOR**



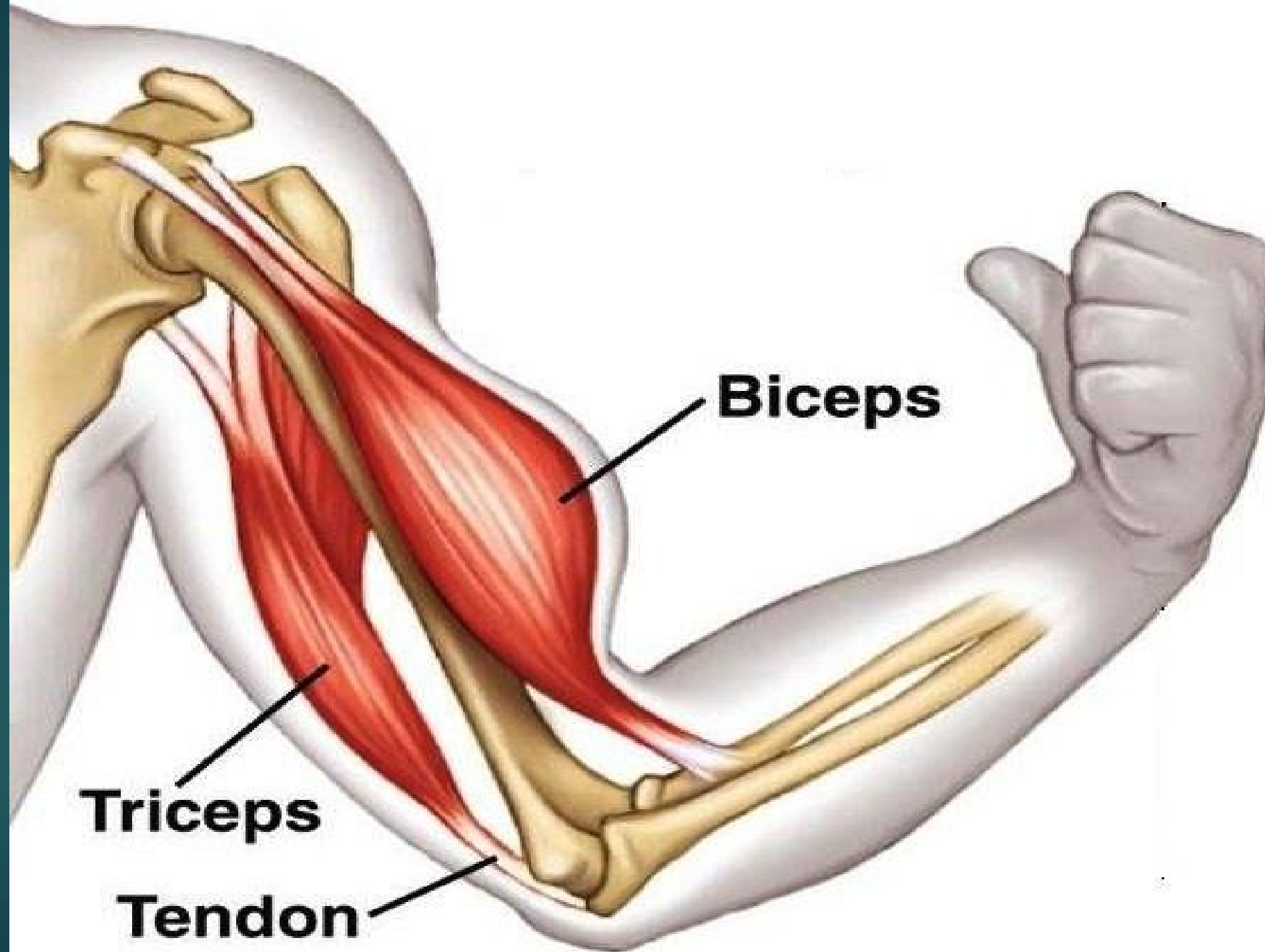
**TRICEPS OR  
EXTENSOR**

EXTENSOR



**TRICEPS OR  
EXTENSOR**







**QUADRICEPS**

A close-up photograph of a person's legs, specifically the quadriceps muscles, which are highly defined and show significant muscle detail. The person is wearing dark blue athletic shorts. The background is blurred, suggesting an indoor setting like a gym.

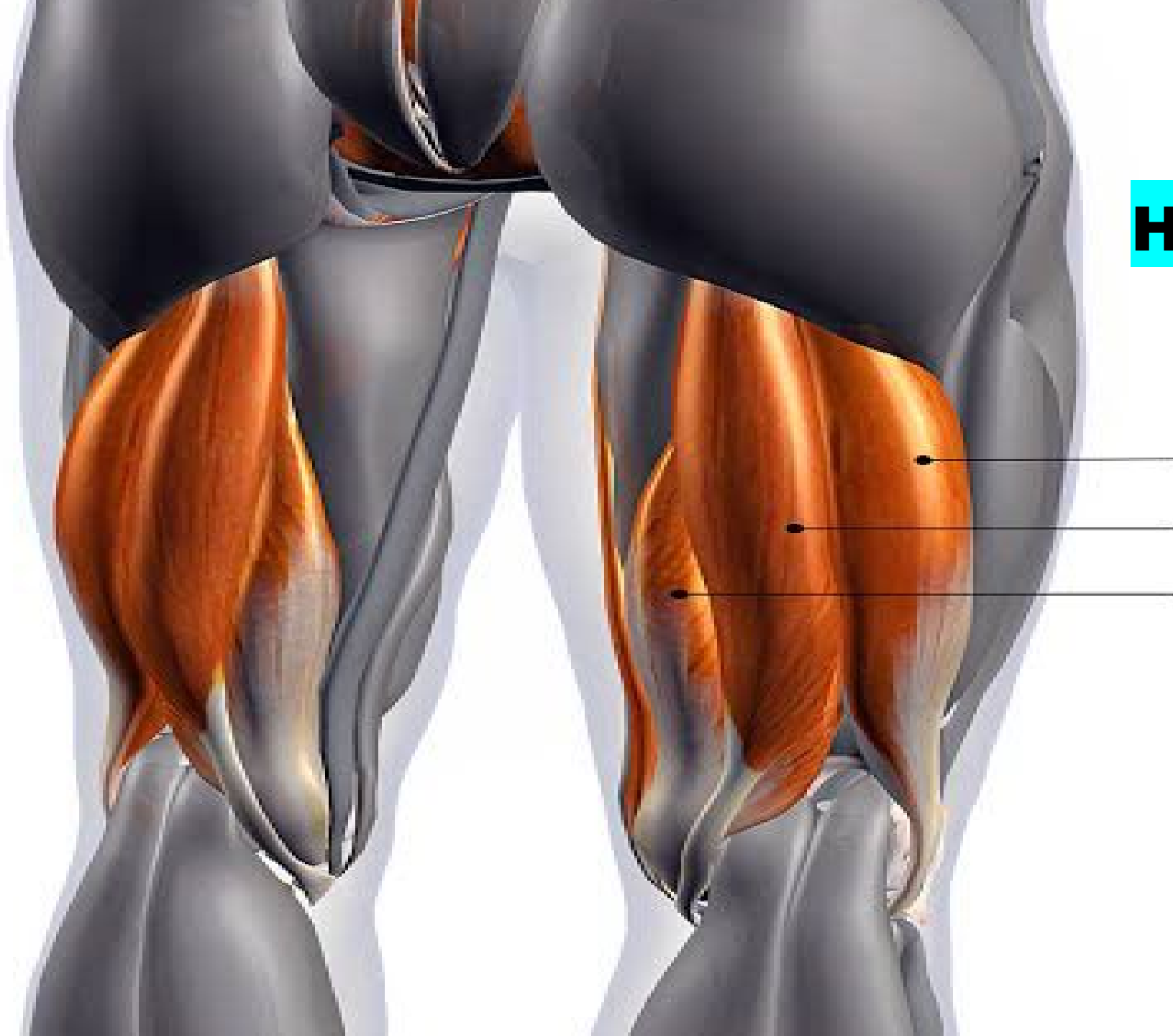
**QUADRICEPS**



**HAMSTRING**



# HAMSTRING



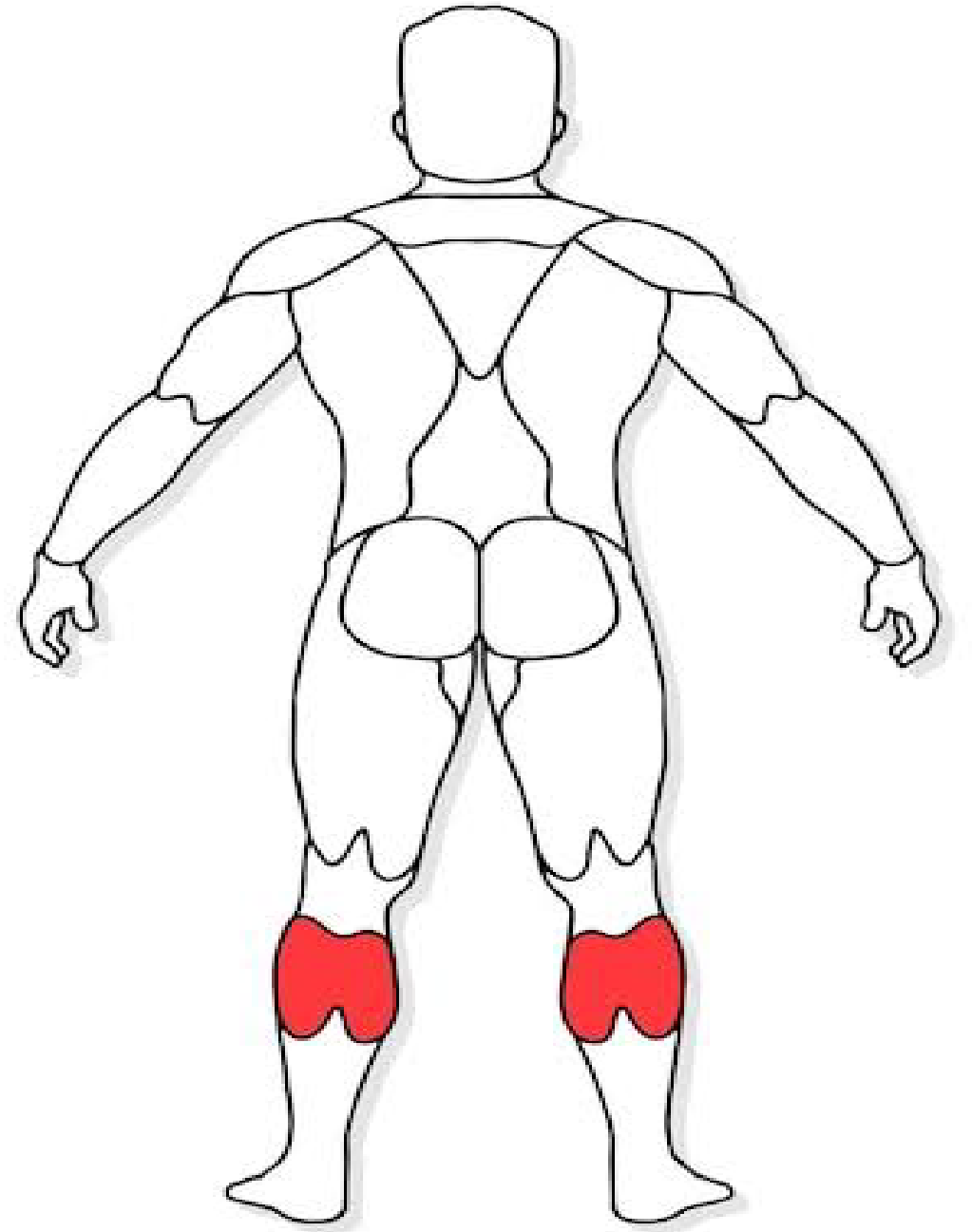
# **CALF MUSCLE**



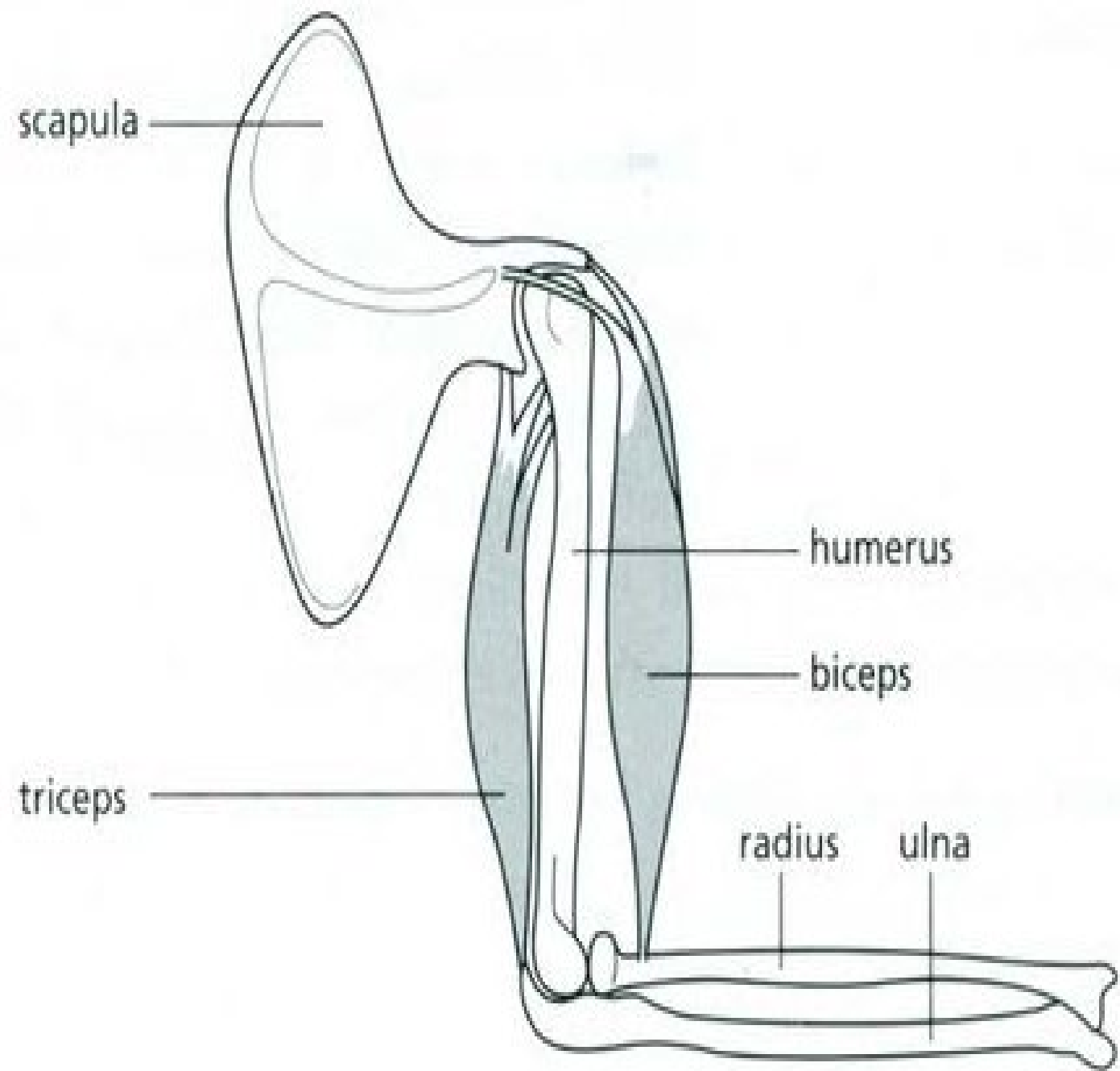
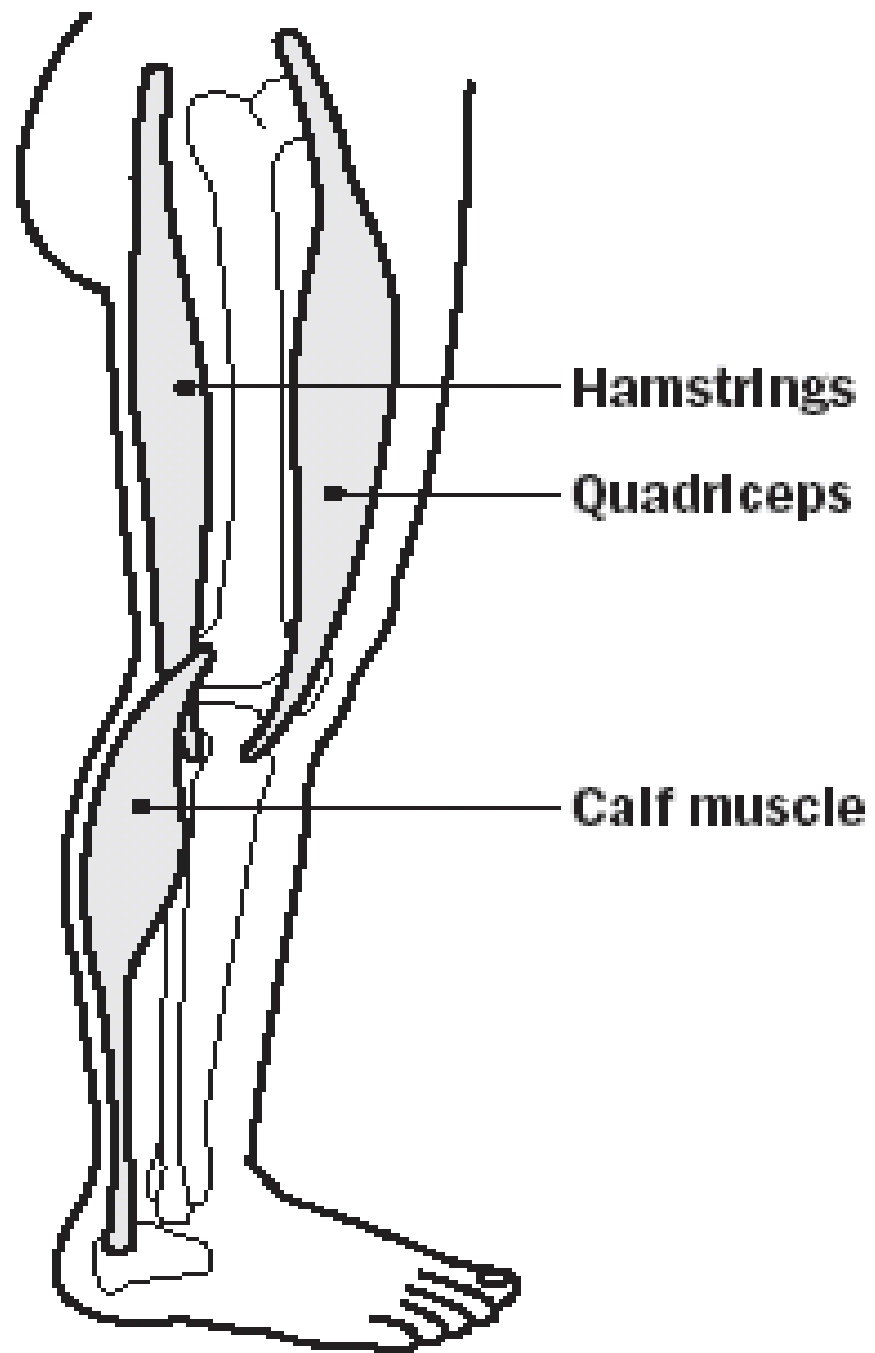
# **CALF MUSCLE**



# **CALF MUSCLE**

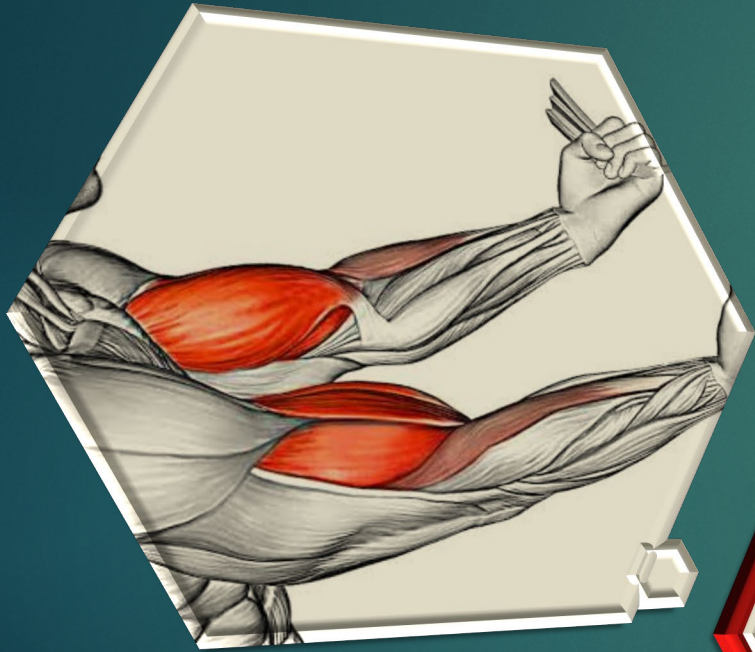






- ❖ **What are muscles**
- ❖ **State any one muscular disorder of the female reproductive system**
- ❖ **Explain how biceps and triceps muscles behave when the arm is bent?**
- ❖ **Why are biceps and triceps muscles referred to as antagonistic?**
- ❖ **Name the longest muscle in the human body.**
- ❖ **What name is given to voluntary muscles with:**
  - i) Two heads**
  - ii) Three heads**
  - iii) Four heads**
- ❖ **Explain how length of a substance affects its:**
  - i) Pitch of sound**
  - ii) Electrical resistance**

# MUSCLES



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