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Muscle Wikipedia

Muscle tissue is a soft tissue, and is one of the four fundamental types of tissue present in animals. There are three types of muscle tissue recognized in vertebrates: . Skeletal muscle or "voluntary muscle" is anchored by tendons (or by aponeuroses at a few places) to bone and is used to effect skeletal movement such as locomotion and in maintaining posture.

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Strength training Wikipedia

Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.. When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being, including increased bone, muscle, tendon, and ligament

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Arm vertebrate anatomy Britannica com

Muscles of the upper arm (posterior view). Encyclop dia Britannica, Inc. The bones of the human arm, like those of other primates, consist of one long bone, the humerus, in the arm proper; two thinner bones, the radius and ulna, in the forearm; and sets of carpal and metacarpal bones in the hand and digits in the fingers. The muscle that extends, or straightens, the arm is the triceps, which

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Gym strong versus real life strength Lean Hybrid Muscle

Ok, this is super funny that you sent out an email with old man strength in the subject line. Here s the story. A few months ago I was trying out a new MMA place here in FL.

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Pelvic floor muscle training exercises MedlinePlus

Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel (large intestine). They can help both men and women who have problems with urine leakage or bowel control. A pelvic floor muscle training exercise is like pretending that you have to urinate

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