

Bones And Muscles Your Body Inside And Out

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Joints, bones and muscles Systems of the body: respiratory, digestive and nervous A healthy body: food types,sport,taking care of your body ... We all have skeletons inside our body : that makes us vertebrates. The skeleton has 3 main functions: It protects important parts of the body...

[PDF]Skeletal, Muscular and Cardiovascular Systems
<https://nimbin-c.schools.nsw.gov.au/content/dam/dae/sws/schools/n...>

In your body, the skeleton works very closely with the muscular system to help you move. Without the bones of your skeleton, you would be a blob of water-filled tissues. The bones create a framework to which your muscles and organs can connect. Your skeleton also plays a role in protection, especially in your head. The bones ...

[PDF]Back Injury Prevention - Occupational Safety and Health
https://www.osha.gov/sites/default/files/2018-11/fy06_46g6-ht22...

2. Stomach muscles begin at the rib cage and connect to the important in protecting the lower back from injury. 3. Hip Flexor muscles attach at the spine and travel across the pelvis to the thigh bones, allowing you to bend forward. 4. Side muscles join the ribs to the hips at the sides of your Stomach, Side and Hip Muscles ...

[PDF]The Human Body: An Orientation - Pearson Education
https://assets.pearsonschool.com/asset_mgr/current/201731/M01_MARI...

stance of bones acts as a storehouse for minerals. Muscular System The muscles of the body have only one function— to contract, or shorten. When this happens, move-ment occurs. The mobility of the body as a whole reflects the activity of skeletal muscles, the large, fleshy muscles attached to bones ...

[PDF]Musculoskeletal System - Pearson Education
<https://www.pearson.com/content/dam/one-dot-com/one-dot-com/us/en/...>

The skeletal system consists of 206 bones that make up the internal framework of the body, called the skeleton. The skeleton supports the body, protects internal organs, serves as a point of attachment for skeletal muscles for body ...