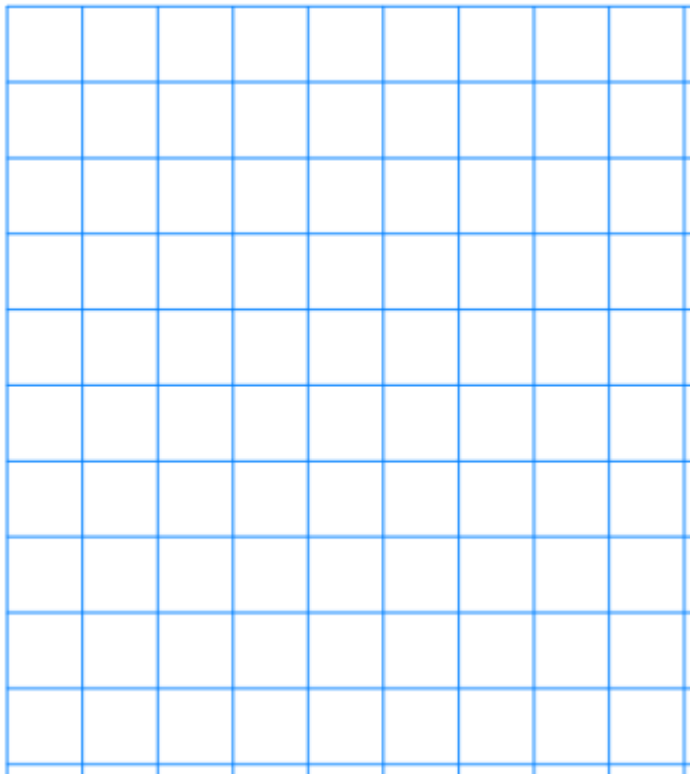




Have a go at plotting your results on a graph.



Muscles really are amazing! Without them our bodies would be pretty useless!

Can you find 5 mind blowing muscle facts?

- 
- 
- 
- 
- 

For more information about muscles and our skeleton – take a look at this BBC website.

<https://www.bbc.co.uk/bitesize/topics/z9339j6>