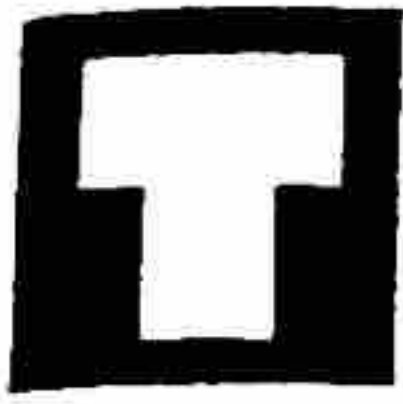
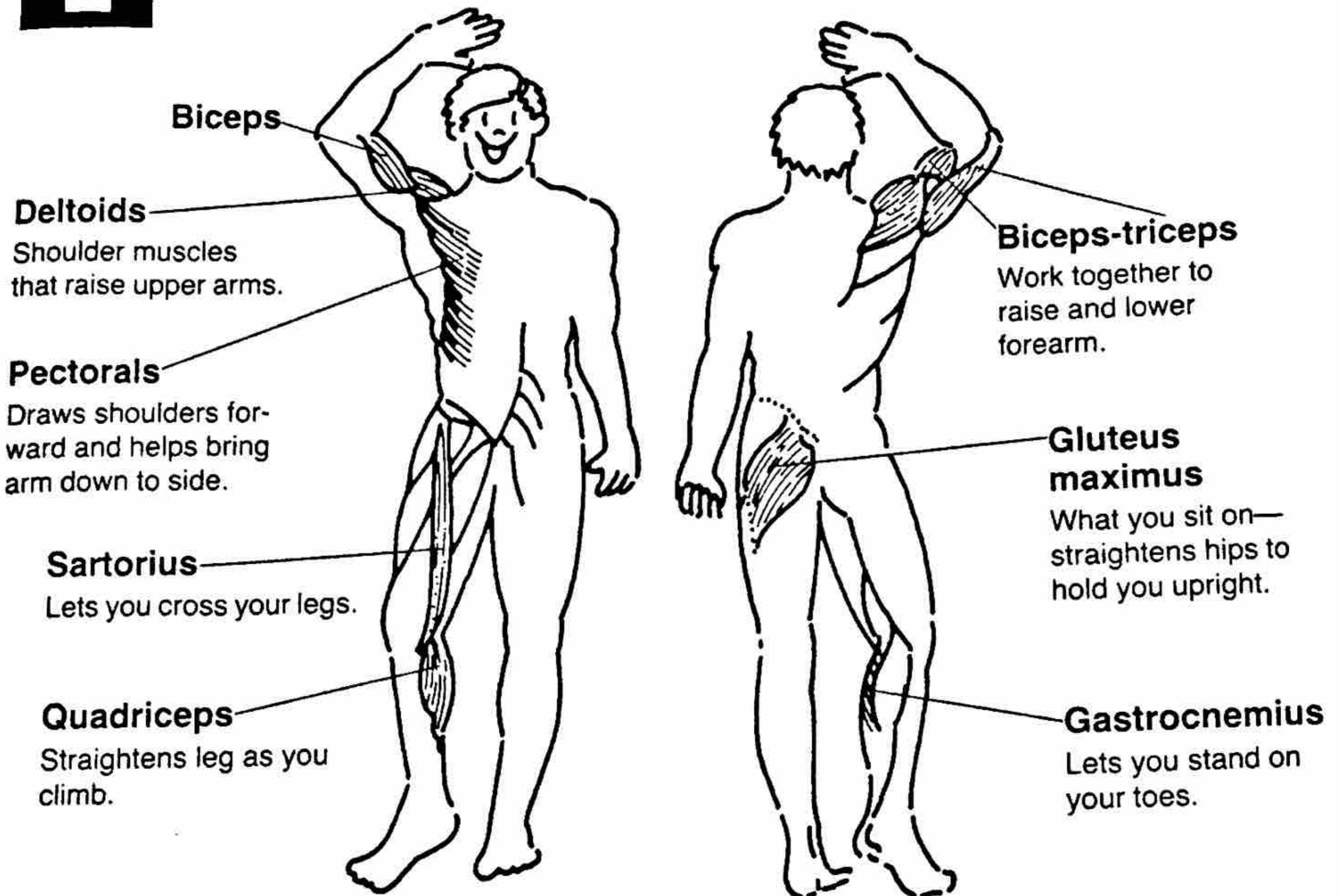


# Contraction Action



This diagram shows your main muscles and their actions.



Try this test of your muscle action.

**Materials:** index card, scissors, pencil.

## **Directions:**

1. Cut a lengthwise strip from the card about  $\frac{1}{2}$ -inch wide. Fold it in half. Hang the folded strip over your pencil.
2. With one hand, hold the pencil over a table or desk so the ends of the paper strip just touch the surface.
3. Work on keeping the pencil steady so the paper strip won't move. Do not rest your hand or arm on anything.

## **Results:**

1. Are you able to keep the paper from moving?  Yes  No

Your muscles, you'll remember, are made up of separate fibers. These fibers don't all contract and relax at the same time. While some are contracting, others are relaxing. You're unable to be perfectly still because these fibers are switching back and forth while your muscle is in action.