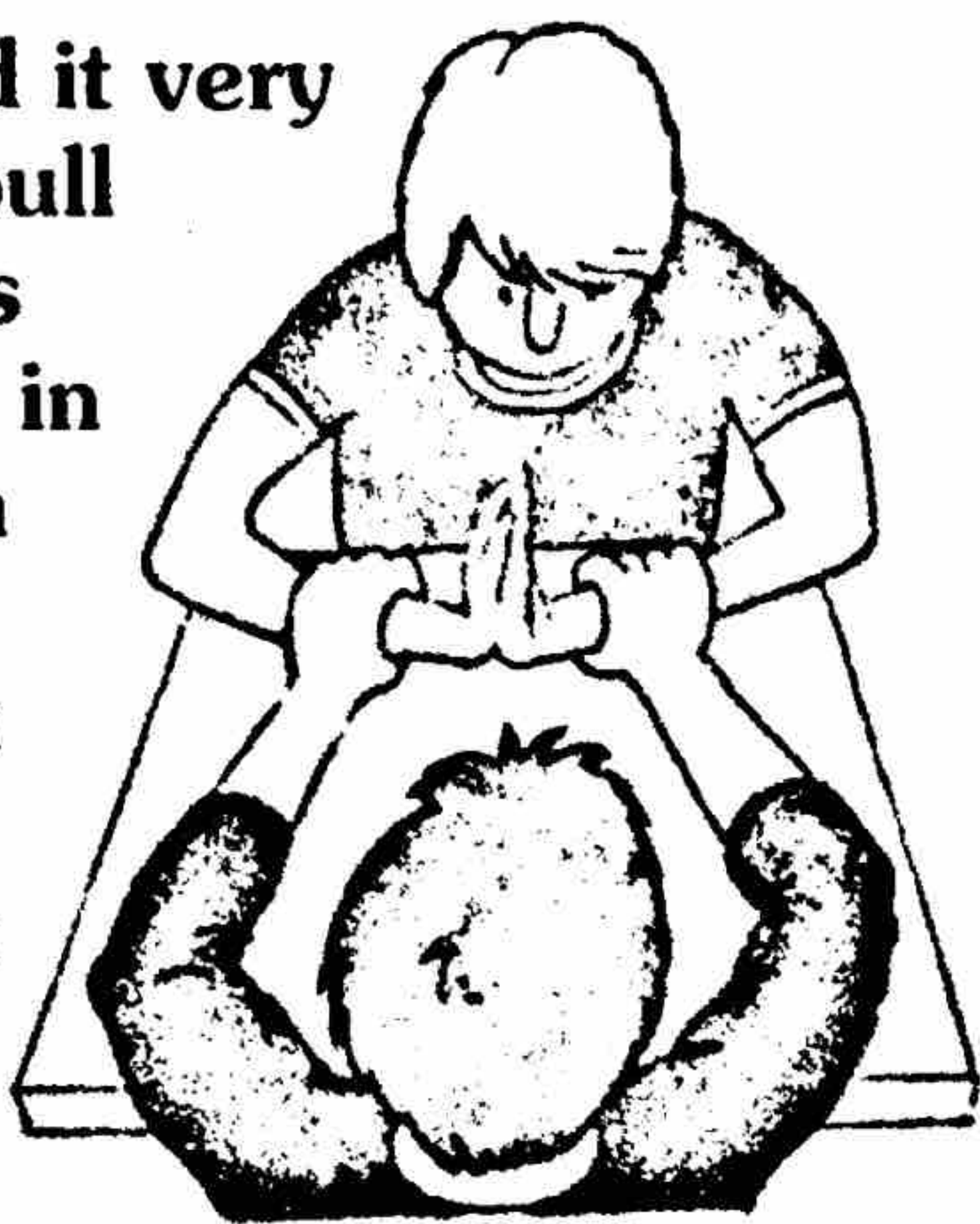


Muscle strength

The more you use your muscles, the stronger they become – as this test proves.

1. Ask a friend to press his hands tightly together. Try to pull them apart by gripping each wrist and pulling them to the sides.

You will find it very difficult to pull your friend's hands apart in this position because the muscles you are pulling with are not used very often.



2. Try the same test again but this time cross your hands over and push your friend's hands apart.

It is easier to move your friend's hands apart because you are using different muscles. These pushing muscles are often used so they are strong.

