

## The Muscular System


You might already know that there are muscle cells in your arms and legs. But did you know that there are muscle cells in your eyes, heart, and blood vessels? Without muscle cells you would not be able to talk, write, or run.

As shown in **Figure 11**, muscle cells are everywhere in the body. Almost one-half of your body mass is muscle cells. These muscle cells make up the muscular system. By working together, they help the body move.


The muscular system is made of three different types of muscle tissue—skeletal muscle, cardiac muscle, and smooth muscle. Skeletal muscle works with the skeletal system and helps you move. Tendons connect skeletal muscles to bones. Skeletal muscle also gives you the strength to lift heavy objects.

Another type of muscle tissue is cardiac muscle. Cardiac muscle is only in the heart. It continually contracts and relaxes and moves blood throughout your body.

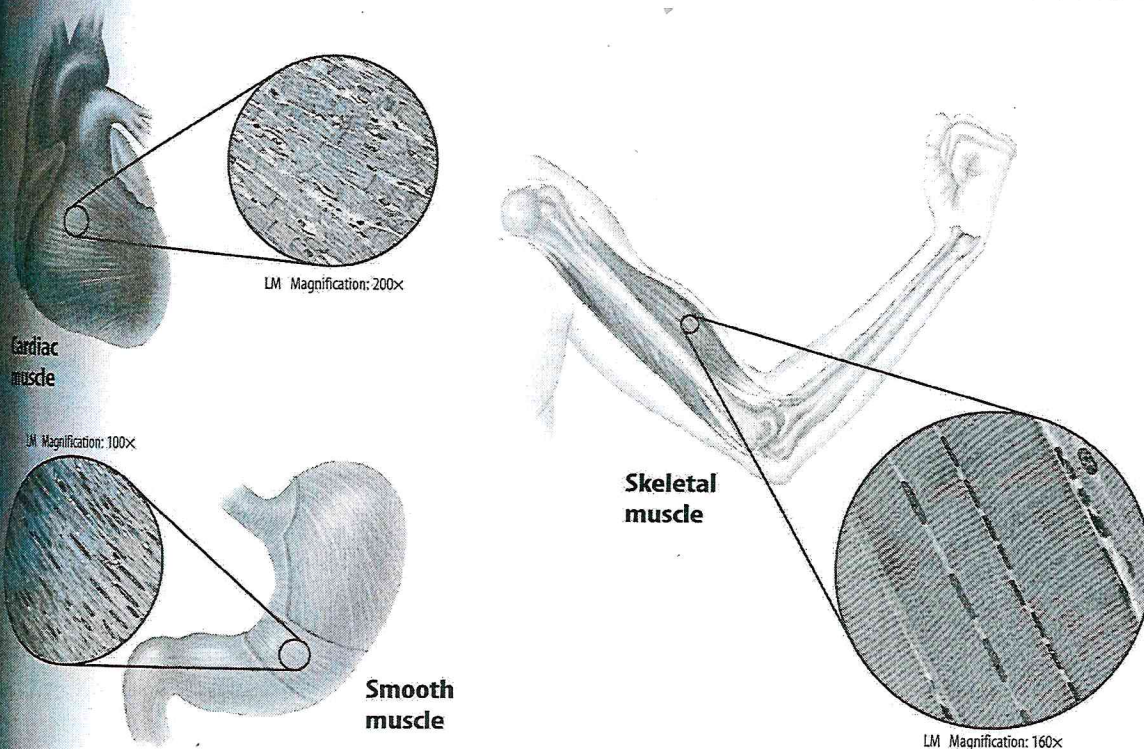
Smooth muscle tissue moves materials through your body. Smooth muscle tissue is in organs such as the stomach and the bladder. Blood vessels also have smooth muscle tissue.

 **Key Concept Check** What systems help the body move?

**Figure 11** Cardiac muscle is only in the heart. Organs, such as the stomach, have smooth muscle. Skeletal muscle moves your body.

 **Visual Check** Which type of muscle is in your arms?

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LM Magnification: 160x

Lesson 2

EXPLAIN

