**Muscular System**

Three kinds of muscle

1. Smooth muscle – found in digestive tract and the walls of blood vessels
2. Cardiac muscle – found only in the heart
3. Skeletal muscle – attached to bones for movement and helps to protect your inner organs

Muscle action can be voluntary or involuntary

1. Voluntary muscle action is under your control. Skeletal muscle action can be voluntary or involuntary
2. Involuntary muscle action is not under your control. Cardiac and smooth muscle are both involuntary muscle

Skeletal muscles work in pairs.

Ex: Biceps muscle contracts to bend the arm. Biceps is called a flexor. Triceps muscle contracts to extend the arm. Triceps is called an extensor.

Resistance exercise improves muscle strength by building muscle and increasing muscle power.

Resistance exercise involves short bursts of intense effort lasting no more than a few minutes.

Resistance exercise is also called anaerobic exercise because the muscle cells contract without using oxygen. EX: lifting weights, push-ups

Endurance exercise allow muscles to contract for longer times without getting tired.

Endurance exercise is called aerobic exercise because the muscle cells use oxygen when contracting. They involve moderately intense activity for 30 – 60 minutes.

EX: jogging, walking, bicycling, skating, swimming