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BODY SYSTEMS

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2

Contractible

After receiving stimulation, they are capable of contracting, or shortening.

5 Major Properties



The Muscular System

3

Flexion

Bending a joint to decrease the angle between two bones or two body parts.

5 Types of Movements





The Muscular System

3. Skeletal Muscles



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3 Types of Muscles



The Nervous System

THE NERVOUS SYSTEM

...is intrinsically **connected** to the **muscular** system of the body.

- It is **essential** to the **voluntary** skeletal muscles.



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