

Your Muscular System

What do my muscles do?

Muscles wrap around bones and stretch from one bone to another. Muscles make you move. You use your muscles to run, jump, smile, talk, and many other activities.

Do muscles have different jobs?

Our body contains muscles that do different jobs. You have three types of muscles. Cardiac muscles, found only in the heart, power the action that pumps blood throughout the body. "Smooth" muscles surround or are part of the internal organs. Both cardiac and smooth muscles are called involuntary muscles because they cannot be consciously controlled. The third types of muscles are called "skeletal" muscles. These carry out voluntary movements and are the muscles that ache after you exercise a lot.

