

TASK NUMBER 1

NAME

Task n°1

- 1.-
- 2.-
- 3.-
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- 14.-

THE STRONGEST MUSCLE IN THE HUMAN BODY IS LOCATED IN THE JAW: MASSETER

### SKELETAL MUSCLE GROUPS

WHEN YOU MOVE, YOU USE 200 MUSCLES

THE BIGGEST MUSCLE IN THE HUMAN BODY IS THE BUTTOCK MUSCLE

YOUR MUSCLES ARE AROUND 40-50% OF YOUR BODY WEIGHT