

# How do your muscles work?

## Make your own model arm

1. Find two strips of cardboard, a split pin and a piece of elastic (or a rubber band that's cut in half).
2. Attach the ends of the cardboard strips together with the split pin.
3. Poke a hole in each cardboard strip, thread the elastic through each hole and tie the ends together.

Which part represents the **bones**, the **joint** and the **muscles**?

