

## Muscle Experiment

In this experiment, we are going to look at what happens to our muscles when we use them.

### Method

#### Part One: Arms

1. Hold your arm straight and relax it.
2. Ask your partner to measure the diameter of your arm halfway between your elbow and your shoulder, and write the measurement in the table below.
3. Now ask your partner to measure the diameter of your wrist and write the measurement in the table below.
4. Now ask your partner to measure the diameter of your arm halfway between your wrist and your elbow and write the measurement in the table below.
5. Clench your fist and slowly bend your elbow. Hold your arm stiff in this position.
6. Ask your partner to measure the diameter of your arm again in the same places.
7. Write these measurements in the table below.

### Results

Body Part	Measurement Relaxed	Measurement Tense	Difference between the two Measurements
Wrist			
Between Elbow and Shoulder			
Between Elbow and Wrist			

### Conclusion

Which part of your arm changed in diameter when you moved your arm?

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Why do you think this happened?

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If you have time, design your own experiment to find out how another muscle expands when you use it.