

Your sends a signal by your

Name:

to your

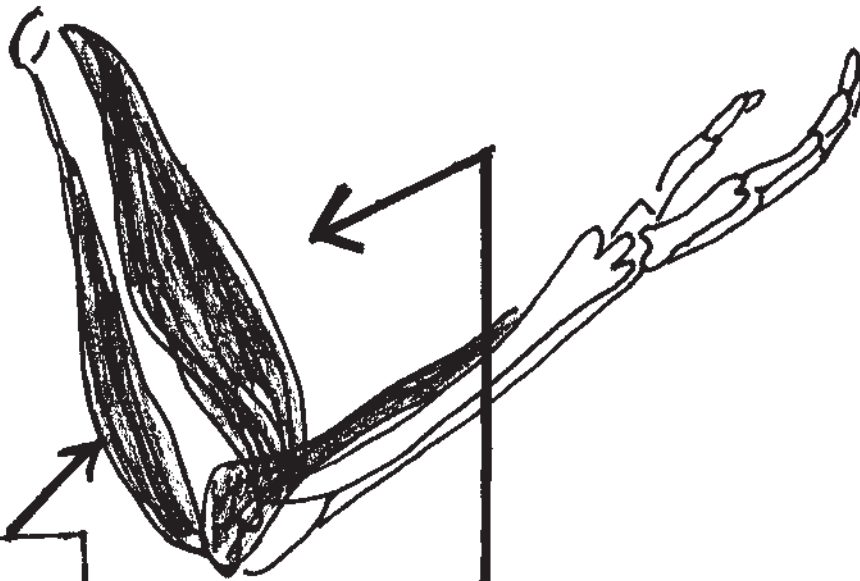
Triceps and biceps



they need

from

to move.



Your help you

your hand.

Your help you

your hand.

raise	lower	energy
nerves	brain	food
biceps	triceps	muscles

How to move a muscle..