

Words to use:

bicep relaxed move straighten contracted tricep arm joint muscles bones

One of the key jobs of the skeleton is to allow us to m _ _ _ .
M _ _ _ _ _ attach to the bones and get either shorter or
longer causing the bones to move. When muscles get shorter
they are said to be c _ _ _ _ _ and when they get
longer they are said to be r _ _ _ _ _ . Where b _ _ _ _
meet is known as a j _ _ _ _ . The elbow joint involves two
main muscles, the b _ _ _ _ and the t _ _ _ _ . These
muscles work together to allow us to bend and
s _ _ _ _ _ our a _ _ .