



The Mighty Muscular and Skeletal Systems: How Do My Muscles and Bones Work? (Slim Goodbody's Body Buddies)

John Burstein

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Struts and Flex, our muscle and bone Body Buddies give the inside scoop on this active partnership. Readers are introduced to the structure and function of bones and muscles. They will discover how different joints enable different kinds of movement and how muscles must work in teams. There are sections on developing muscle strength and flexibility, bone and muscle diseases, and amazing facts.

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Flora Young:

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