

# Everyday Mysteries: What is our strongest muscle?

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Young fans flex their muscles during the second quarter of a football game between the Denver Broncos and Carolina Panthers. Helen H. Richardson/The Denver Post via Getty Images

**Question:** What is the strongest muscle in a person's body?

**Answer:** Muscles make our bodies move. Thanks to our muscles, we can walk, jump and raise our arms. It is hard to say which muscle is strongest. There are different kinds of strength in muscles. Strength can mean how much weight a muscle can lift. Or it can mean how long it takes for the muscle to get tired.

## Three Kinds Of Muscles In Human Body

There are three kinds of muscle. One kind is called cardiac muscle. This is the heart muscle. It makes the heart beat. This lets the heart pump blood through the body.

Another kind of muscle is called smooth muscle. This is found in many parts of the body. For example, it is found around the eyes and in the stomach.

The third kind is called skeletal muscle. It is attached to the bones. Skeletal muscles are what make our body parts move.

Here are some of the strongest muscles. They are chosen based on different kinds of strength.

### **Outer Muscles Of The Eye**

When you move your head, your eyes are moving, too. They have to move to look in a new direction. So the eye muscles are always at work. They are always changing where the eye is looking. These muscles can get tired. In one hour of reading, the eyes have to move about 10,000 times.

### **Gluteus Maximus**

The gluteus maximus is the biggest human muscle. It is the part of your body you sit on. It is one of the muscles that keeps the body standing up straight. It helps you walk up stairs, too.

### **Heart**

The heart is the hardest working muscle. It pumps blood through the whole body. It pumps hundreds of gallons of blood every day. The heart beats billions of times in a person's life.

### **Masseter**

The strongest small muscle is the masseter. This muscle helps you chew. It works with all the muscles of the jaw. Together, they can close the teeth with great power.

### **Soleus**

The muscle that can pull the most strongly is the soleus. This muscle is in the lower legs. It is very important for walking, running and dancing. Like the gluteus, it helps keep the body upright.

### **Tongue**

The tongue is made up of many smaller muscles. Like the heart, it is always working. It helps to mix food in the mouth. You also use it to form words.

## Quiz

1 What information do you get from the section "Three Kinds Of Muscles In Human Body"?

- (A) which muscle in our bodies is the strongest
- (B) what kinds of muscles the human body has
- (C) what the biggest muscle in the human body is
- (D) how many gallons of blood the heart pumps each day

2 Based on the article, which of the following is TRUE?

- (A) The gluteus maximus is the strongest muscle.
- (B) The soleus is a muscle in the lower arm.
- (C) The masseter is the strongest small muscle.
- (D) The heart is called a smooth muscle.

3 Which section in the article tells you what the cardiac muscle can do?

- (A) "Outer Muscles Of The Eye"
- (B) "Heart"
- (C) "Masseter"
- (D) "Tongue"

4 Read the paragraph from the article.

*The tongue is made up of many smaller muscles. Like the heart, it is always working. It helps to mix food in the mouth. You also use it to form words.*

What information can the reader get from reading this paragraph?

- (A) why the tongue muscle gets tired
- (B) how the tongue is the strongest muscle
- (C) what the tongue is used for
- (D) why the tongue muscles are small