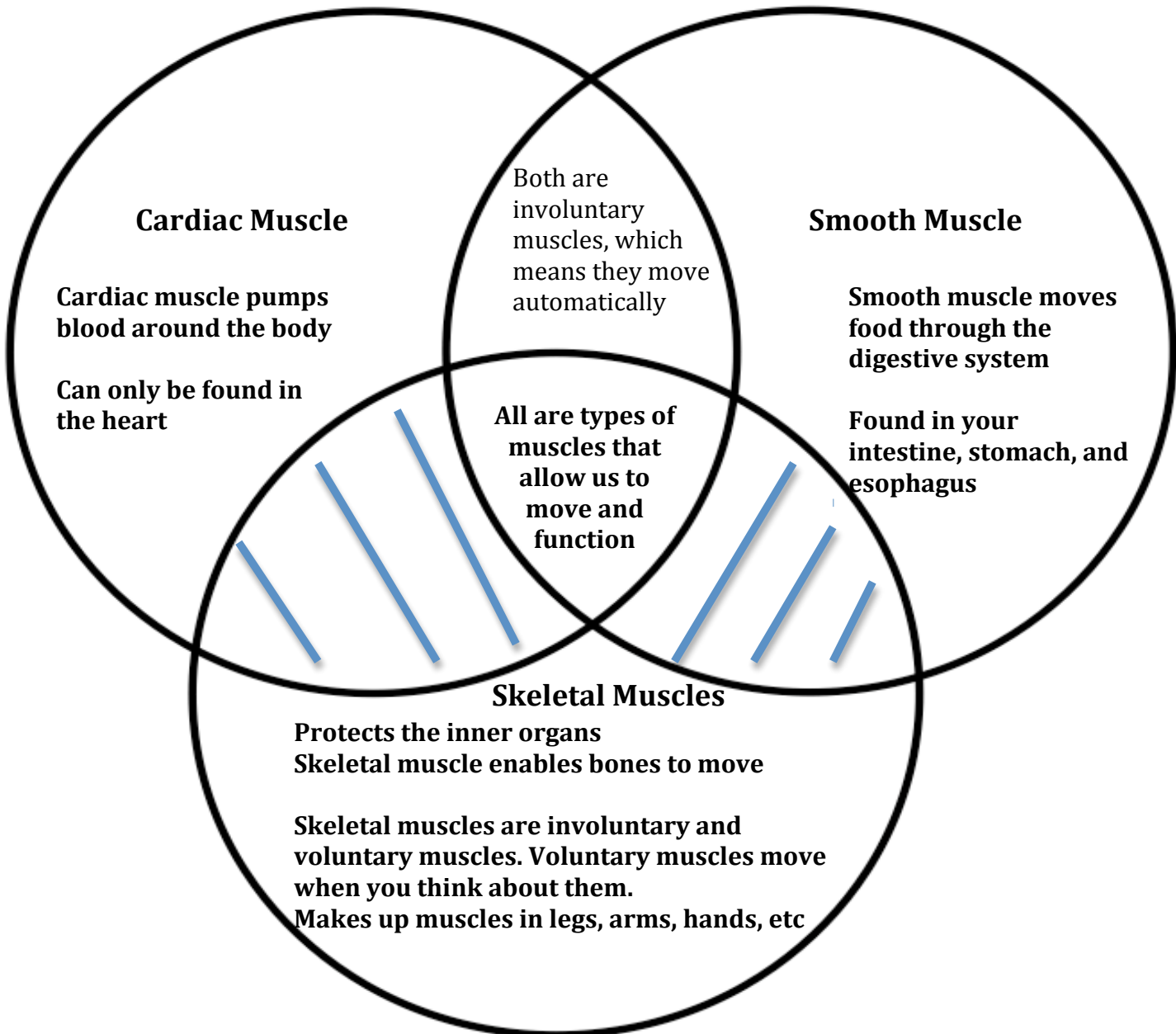


## Types of Muscles Venn



**Muscles can be strengthened by exercise. Infants have muscles that have not been used to they can not even support their own head due to weak neck muscles. Their muscles need to be strengthened by exercise. Adults can build up muscles strength through exercise. You can also improve your heart muscles with exercise, this makes your heart more efficient.**