



66 LET'S HELP WALLY AND TESSIE FIND THE MUSCLES THEY NEED TO MAKE STRONGER!

PRESENTED BY sunovion

CONTENT POWERED BY Museum of Science.

Some of the muscles baseball players use depend on position, but there are a few muscle groups important to all players.

Abdominals

When hitters swing a bat, they twist their bodies with the help of their abs. Pitchers need strong abs to transfer power from the lower body to the arm.

Quadriceps (front of the thigh)

Pitchers and hitters use the large muscles of their legs to create a lot of power for both throwing fast pitches and hitting with speed and force.

Forearm (lower half of the arm)

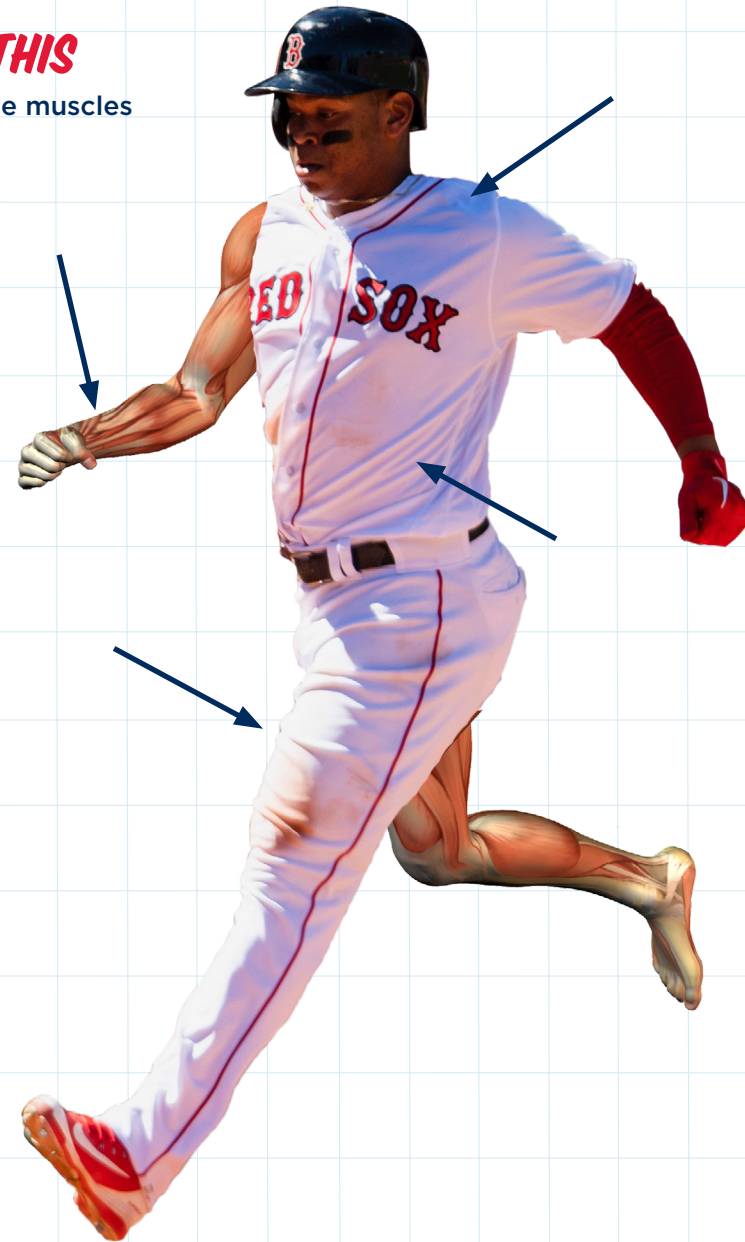
Strong forearms and wrists give hitters power and good bat control. The same muscles help pitchers grip the ball and pitch it to the right spot.

Shoulders

When a pitcher brings her arm back and then forward to throw a ball, her shoulder muscles stretch and snap like a rubber band. Fielders also need strong shoulders to throw the ball quickly and accurately.

TRY THIS

Label the muscles



JUST LIKE WE FOUND OUT WHAT'S INSIDE YOUR BODY, LET'S FIND OUT WHAT'S INSIDE A BASEBALL!

WHITE COWHIDE LEATHER COVER

Smooth, soft, and strong, holds up to repeated use.

WAXED RED COTTON THREAD STITCHING

Flattened, for less drag through the air when thrown.

4 YARN LAYERS

3 WOOL, 1 POLYESTER-COTTON BLEND
Total of 369 yards of yarn. When flattened by the strike of a bat, wool helps the ball quickly return to a round shape.

2 RUBBER LAYERS

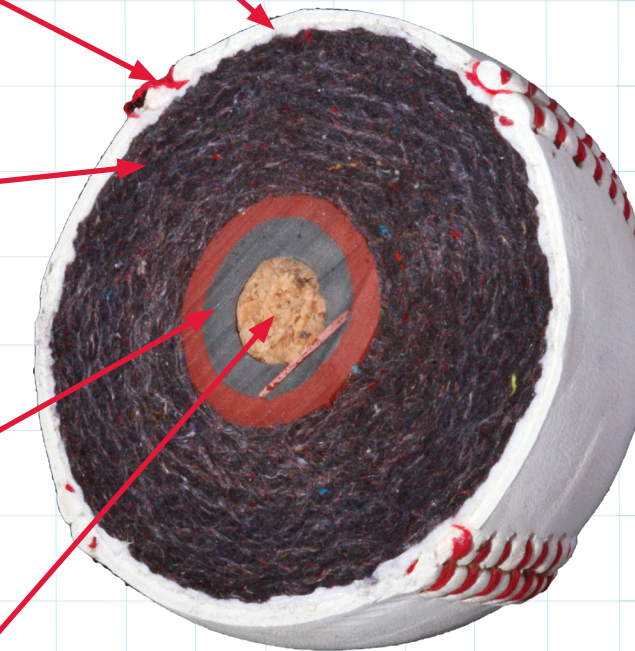
RED AND BLACK

Rubber slows the energy of the ball when struck.

CORK AND RUBBER CORE

"THE PILL"

Cork makes the ball more energetic when struck.



DESIGN WALLY'S BASEBALL!

Draw your layers on the baseball. What would you like the ball to do?

Hints:

How could you make it bouncier?

Can you think of a cover that's easier to see?

