

# Biology Bricks Activity

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## Muscle Fatigue

We use energy a lot. Find out how much you are using by doing this simple, yet effective, experiment, using everyday items in your house, or school.

*You will need:*

- *An unopened large can of food or hand weight*
- *A watch with a second hand*



## Instructions

1. Pick up the can of food or hand weight with your non-writing hand.
2. Place your elbow on a hard surface (table, desk, or worktop) and do one bicep curl by lifting and lowering the item.
3. Once you have the hang of it, do this exercise as quickly and as many times as possible for one minute. After a minute, note how your arm feels. Are you tired in any part of your arm? If not, repeat the bicep curl for another sixty seconds.

What does this mean? Well, when you do the curls, it uses energy quickly, and because you do not recover quickly enough through breathing in oxygen, it creates lactic acid. The more or the quicker you do the curls, the more lactic acid is created. This in turn makes your muscle start to ache – a slight burning in your arm might appear.