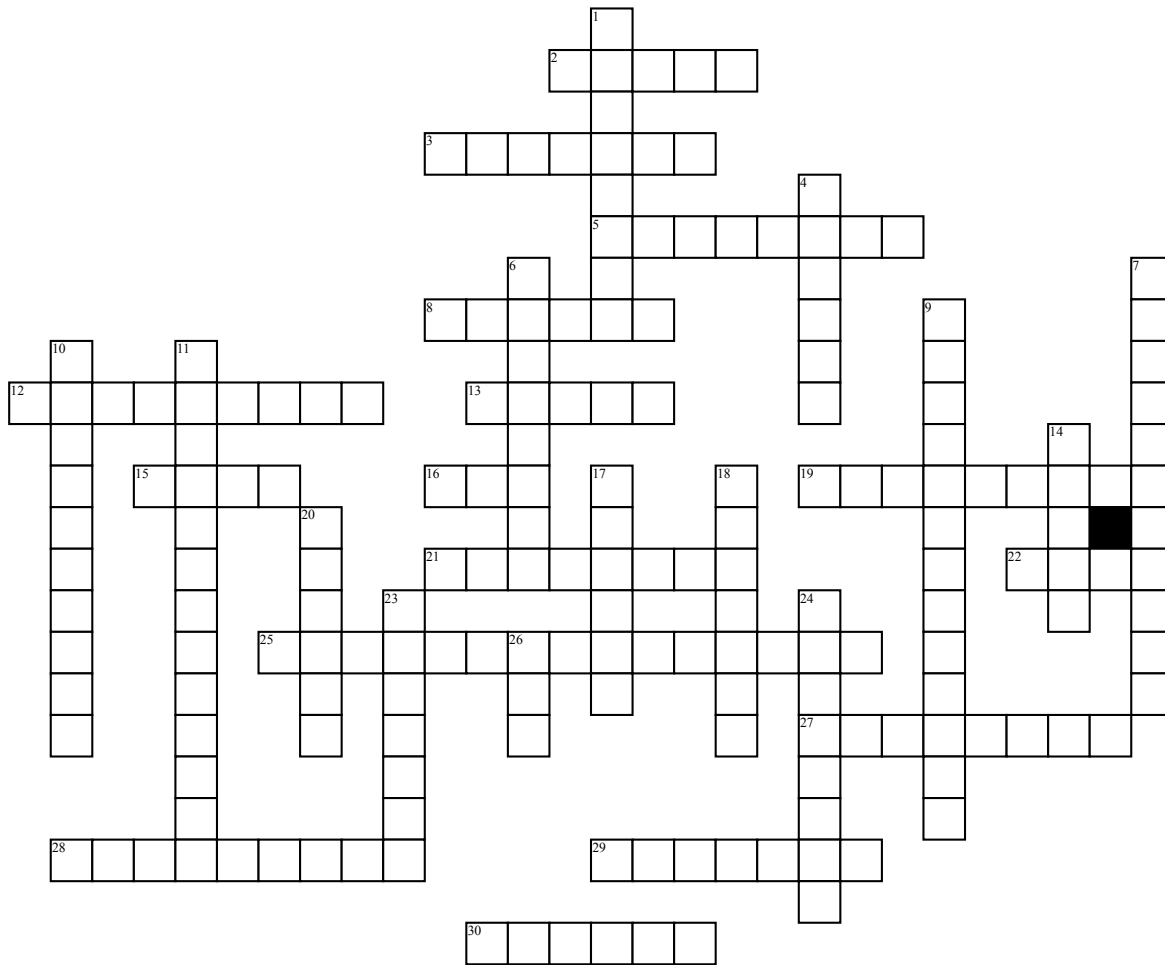


# Advanced Biology



## Across

2. When a muscle contracts the bone \_\_\_\_\_
3. muscle used when you straighten your arm
5. How to strengthen a muscle
8. Muscle type found in digestive system
12. Acts as a cushion
13. When should muscle fibers stretch?
15. Muscles can't contract, and they are weak if they lose all of what?
16. Muscles pull in \_\_\_\_\_ directions
19. Between bones of joints
21. Muscle kind that straightens a bone

22. Mineral necessary for good muscle health
25. Muscle beside the rectus abdominis
27. Type of muscle attached to bones by tendons
28. You are \_\_\_\_\_ when a muscle is 100% relaxed.
29. involuntary muscle found in the walls of the heart
30. Helps muscles contract

## Down

1. Result of muscle actions
4. muscle contracted when you bend your elbow
6. Causes muscle fibers to contract
7. individual muscle fibers

9. Type of muscle tissue found in walls of blood vessels
10. Causes muscle soreness
11. Produces ATP
14. Muscles come it \_\_\_\_\_.
17. connects bone to muscle
18. Striated muscle tissue
20. Muscle type that bends a bone
23. Muscle that helps with arm rotation
24. Located between tissues
26. What is produced as energy from muscle contraction?