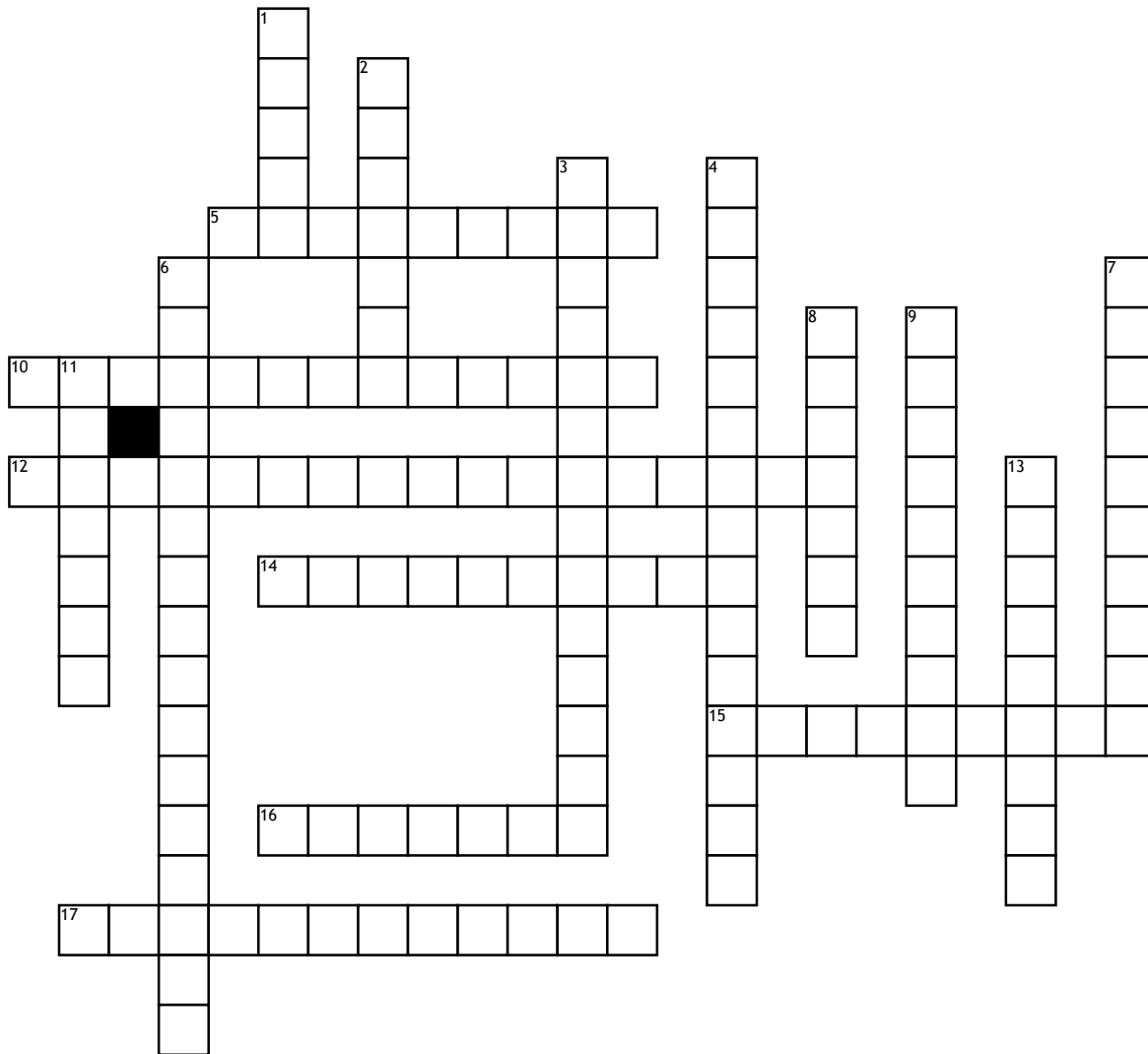


# Anatomy Crossword



## Across

5. Agonist muscle when lifting arm above head  
 10. Initial fuel source for aerobic activities  
 12. Substance necessary for immediate intense energy  
 14. By-product of 400m sprint  
 15. Agonist muscle for hip flexion  
 16. Agonist muscle for elbow extension

17. Agonist muscle in wrist when follow through after basketball shot

## Down

1. Type of joint for knee and elbow  
 2. Agonist muscle for shoulder abduction  
 3. Antagonist muscle used in hip flexion  
 4. Agonist muscle when performing sit up (up phase)

6. Agonist muscle when bringing toes towards shin  
 7. Agonist muscle for knee flexion  
 8. A bone on the elbow joint  
 9. Agonist muscle when straighten knee  
 11. Energy system which uses oxygen  
 13. Energy system which does not use oxygen