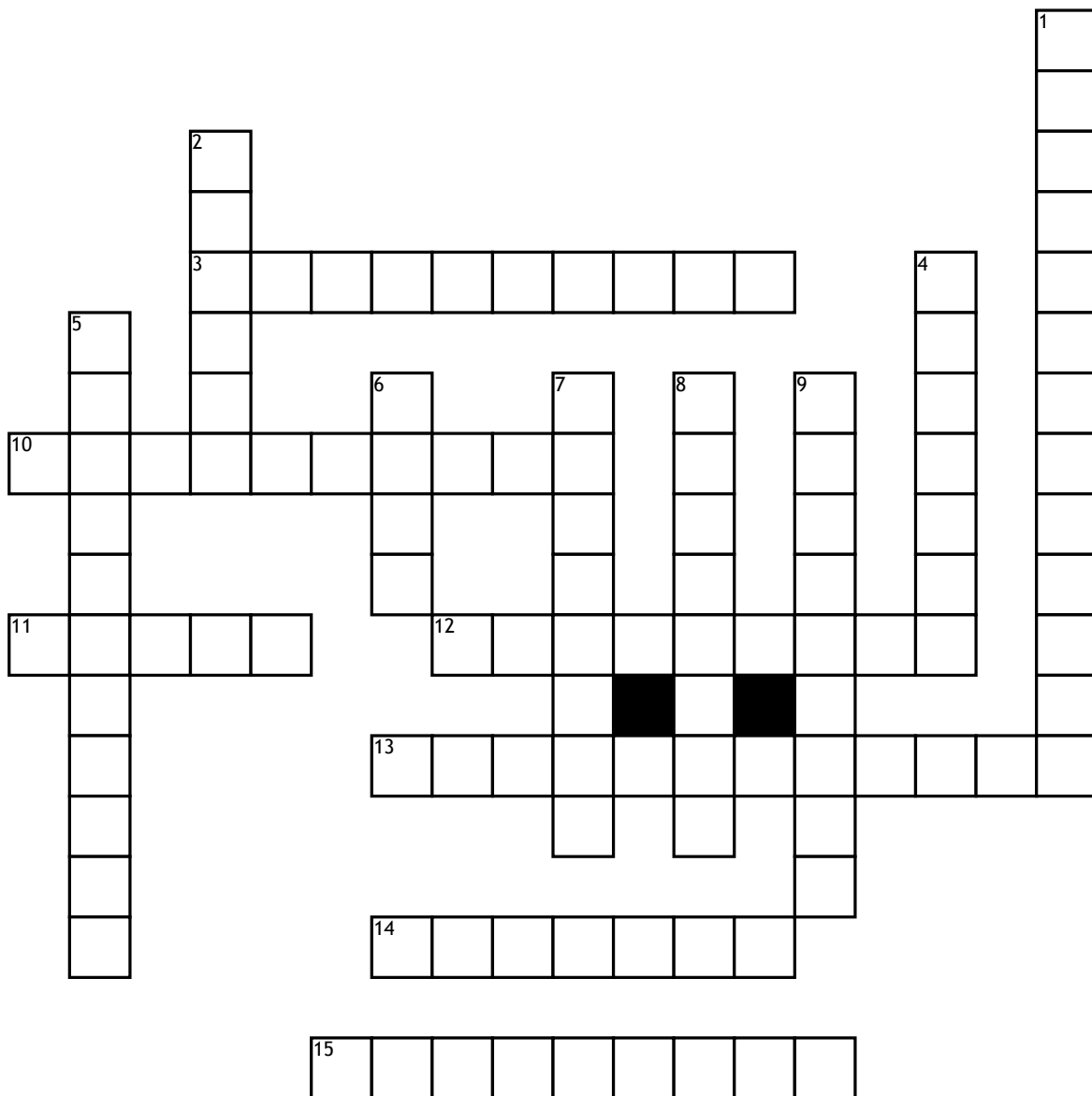


Characteristics of Muscle Crossword



Across

3. Describes the up phase of a movement against gravity.
 10. During a squat exercise, this muscle is the antagonist to the quadriceps.
 11. An example of a common isometric exercise.
 12. Name for the muscle action when the muscles generate force but stay the same length.
 13. Refers to a muscle's ability to receive stimuli from the nervous system.

14. The muscle most responsible for a movement is called the _____.
 15. Sitting down into a chair is considered an _____ movement.

Down

1. Refers to a muscle's ability to be stretched.
 2. During a triceps extension exercise, this muscle is the antagonist.
 4. Type of muscle found in the heart.

5. In most exercises, the core muscles function as _____.
 6. As you sit down into a chair, you are moving _____ the force of gravity.
 7. A push-up is an example of this type of muscle action.
 8. Type of muscle that pulls on bones.
 9. A muscle that helps out the prime mover is called a _____.