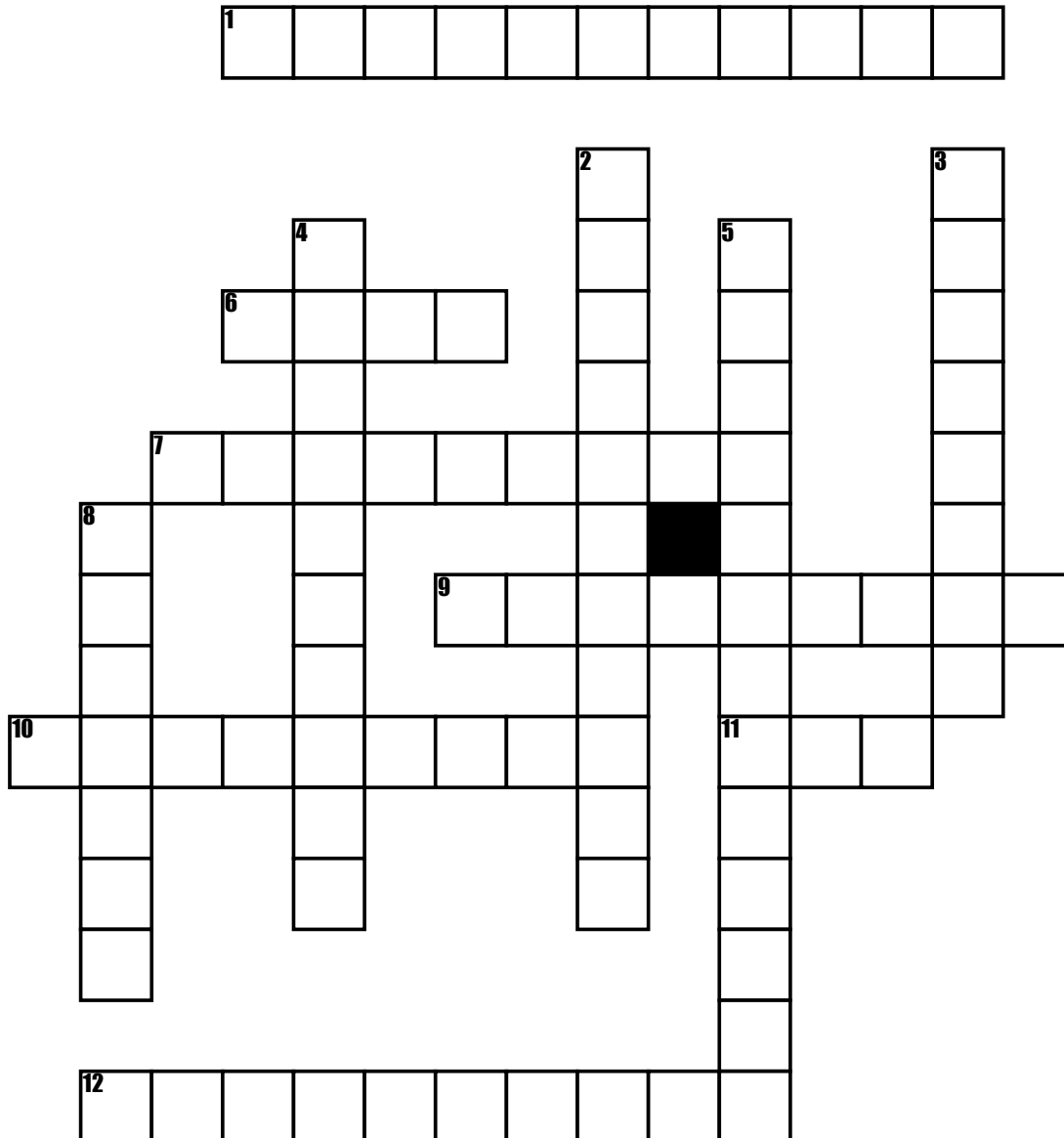


Muscle Structure



Across

1. increase in diameter of muscle fibers from forceful, repeated activity

6. stiffness and tenderness 12-48 hours after strenuous exercise

7. _____ CONTRACTION - a muscle lengthens while maintaining force and movement

9. _____ CONTRACTION - tension is generated but no movement occurs

10. one somatic motor neuron and the cells it stimulates

11. the form of energy used by all living things

12. essential for maintaining posture

Down

2. muscular rigidity beginning 3-4 hours after death

3. _____ CONTRACTION - a load is moved

4. _____ CONTRACTION - a muscle shortens to produce force and movement

5. inability to contract muscle after prolonged activity

8. the wasting away of muscles