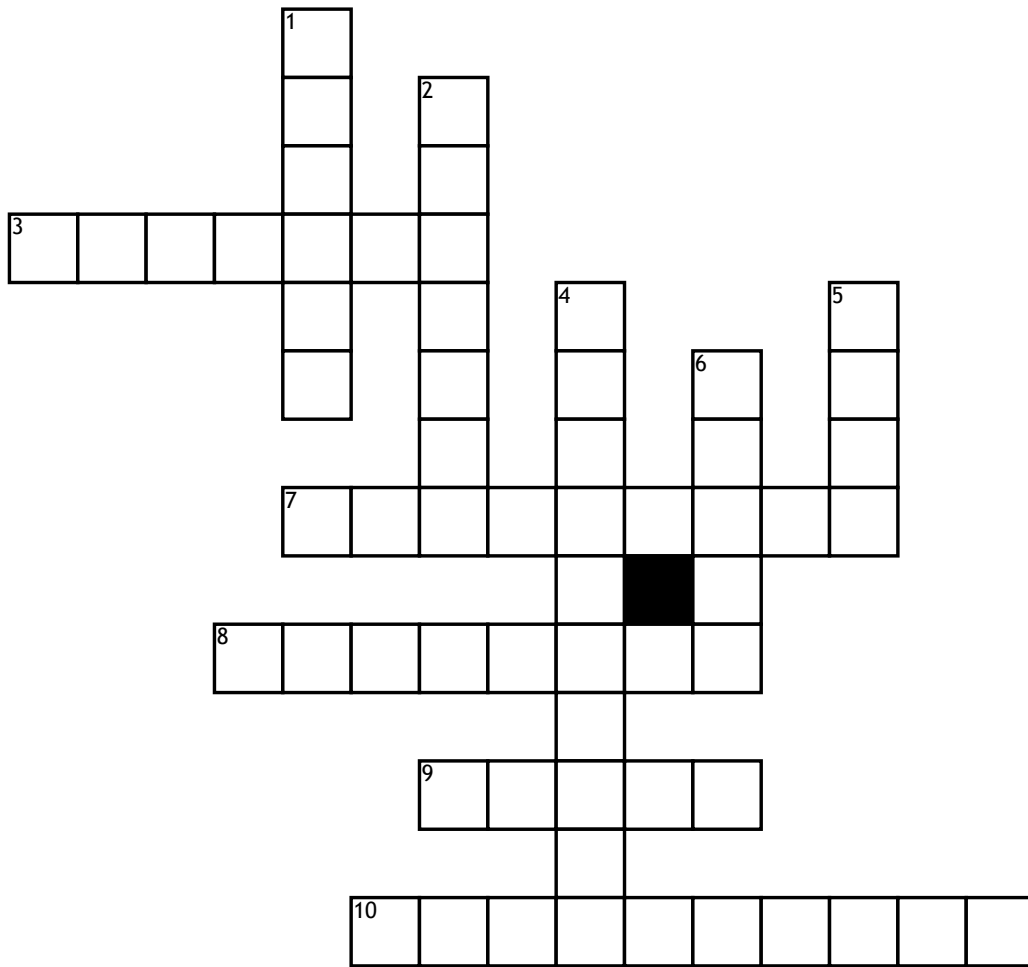


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Muscle of the Month Cross Word



## Across

- 3. Straighten your arm
- 7. Push
- 8. Moves your arm up, down, and all around
- 9. Pumps blood all over your body
- 10. Bend your legs

## Down

- 1. Bend your own
- 2. Moves your foot up and down
- 4. Help you sit up tall, helps you twist and turn and protects your back
- 5. Pull
- 6. Straighten your leg

## Word Bank

Deltoids      Hamstrings      Biceps      Quads      Gastroc  
Pectorals      Lats      Triceps      Abdominals      Heart