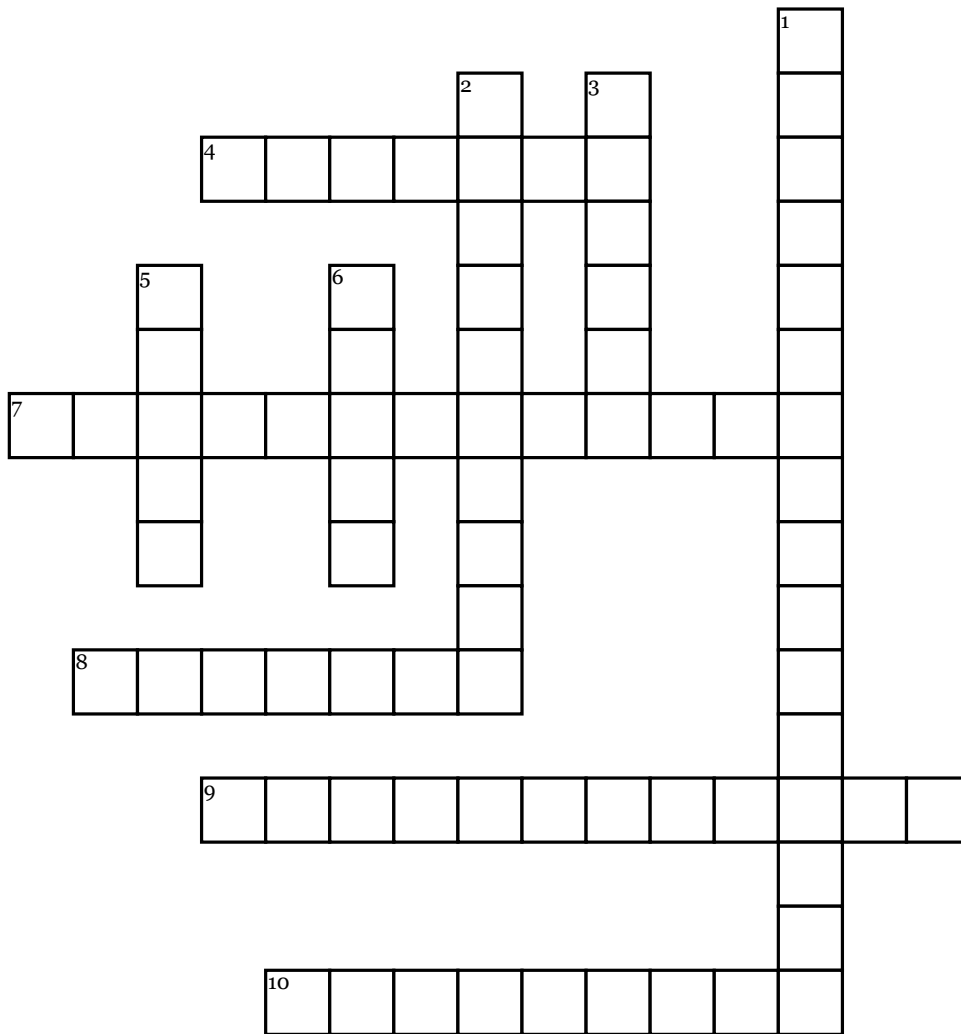


Name: _____

Date: _____

Muscles



Across

4. when you have a cramp, what should you do?
7. What is one of the types of the three different muscles?
8. How are muscles moved?
9. What do you call when you stretch or tear muscle fibers?
10. What muscles are common to strain?

Down

1. What is the disease where your muscles become weak?
2. Myofibrils are divided into two sections called.....
3. What triggers muscles to contract?
5. How many types of muscles are there?
6. Most important muscle in the body?

Word Bank

sarcomeres
Large ones
massage

Tendons
Heart
nerves

Muscle Strain
three

Myasthenia Gravis
Cardiac Muscle