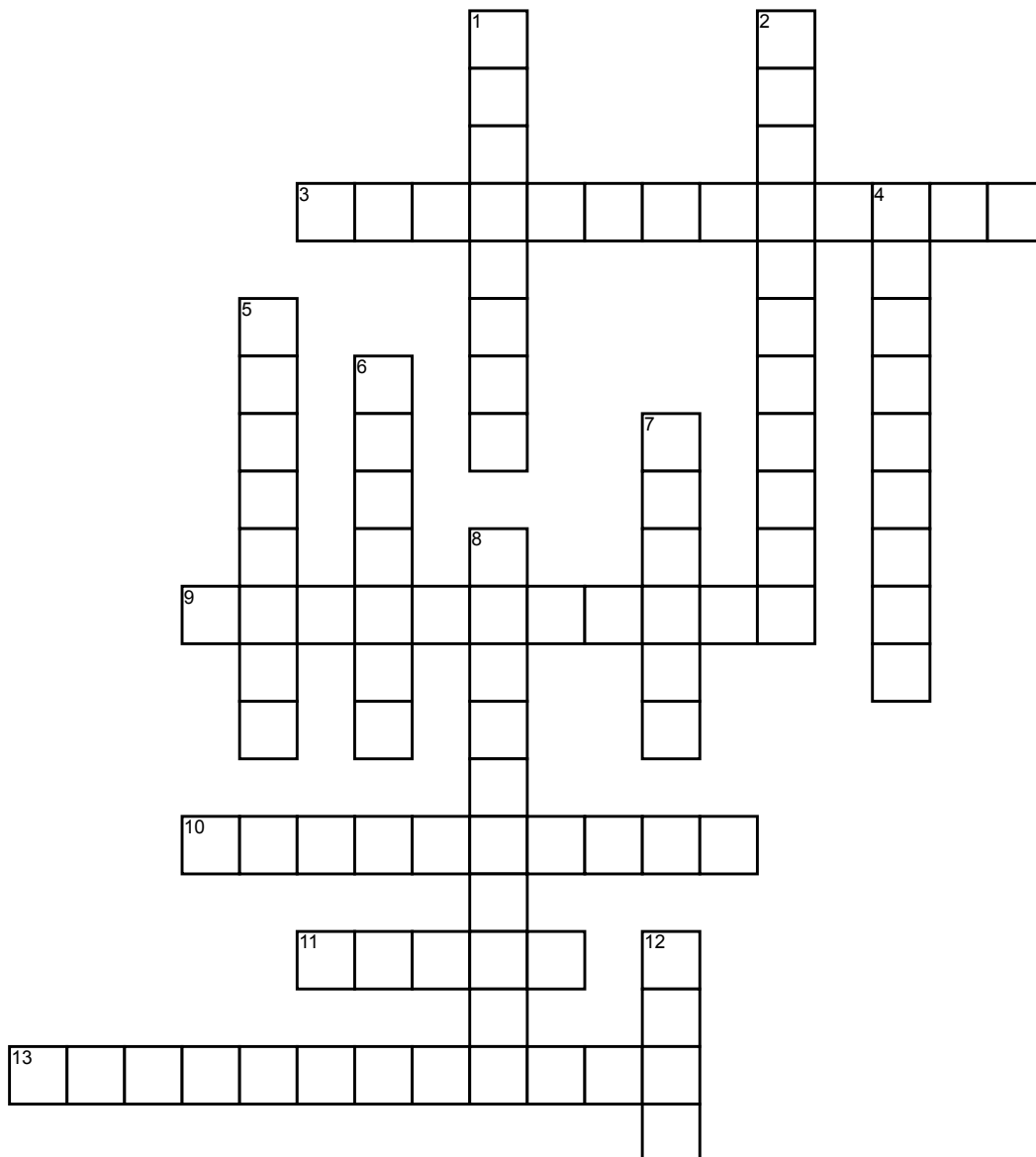


Name: _____

Date: _____

Muscles



Across

3. the muscle that lets me point my toes

9. what muscle group do your muscles in your internal organs (not heart) fall into

10. the muscle that allows me to flex and rotate my trunk

11. the muscle used to flex my arm at the elbow doing weights

13. Muscles are arranged in.....pairs

Down

1. your behind is made up of...

2. what is it called when my muscles increase in size?

4. a muscle contraction where the muscle length doesn't change

5. a muscle contraction which results in limb movement

6. the muscle used to lift my arm above my head when doing a tennis serve

7. a common injury to the muscular system

8. The muscle used to extend my leg at the knee to kick a football

12. treatment for muscular injuries