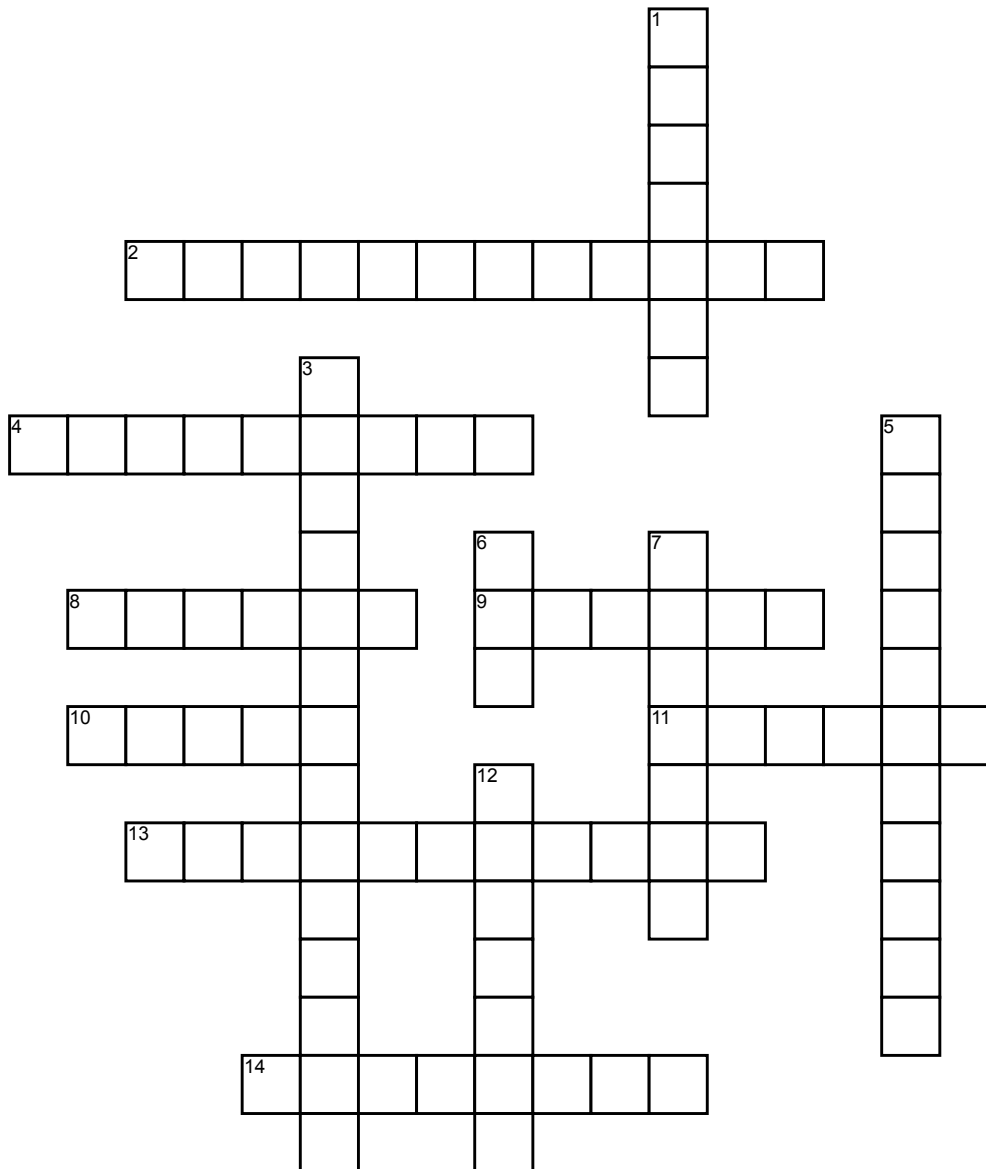


# Muscles



## Across

2. \_\_\_\_\_ creates heat to regulate body temperature.
4. An exercise to work your Obliques is?
8. What is the main muscles you work when doing squats?
9. Whats is the main muscles you work when doing chin-ups?

10. Whats is the main muscles you work when doing lunges?
11. The strongest muscles in the body is the \_\_\_\_\_?
13. one function of muscles is to protect \_\_\_\_\_?
14. Muscles can only \_\_\_\_\_ not \_\_\_\_\_?

## Down

1. Muscles are attached to the bone by \_\_\_\_\_?

3. The largest muscle in the body is \_\_\_\_\_?
5. \_\_\_\_\_ muscles are muscles that are not under control?
6. Whats is the main muscles you work when doing sit-ups?
7. When does muscle growth occur?
12. Whats is the main muscles you work when doing push-ups?