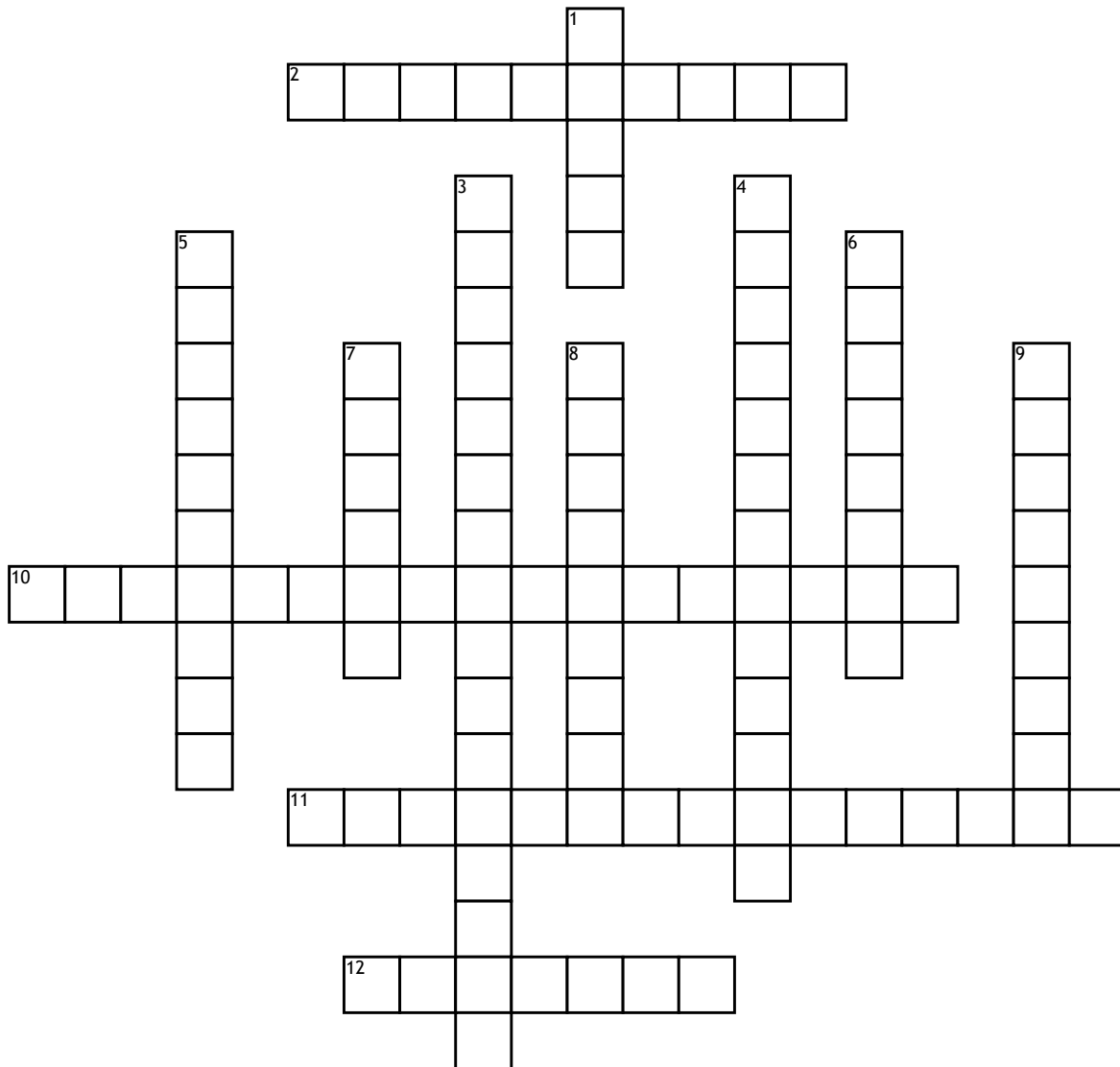


Muscles and Functions



Across

2. Straightens knee

10. twist trunk

11. Rowing motion

12. Raises arms away from body

Down

1. Bends arm at elbow

3. flexes trunk

4. toe raises

5. Bends knee

6. Extends the hip

7. Straightens arm at elbow

8. push ups

9. Shrugs the shoulders