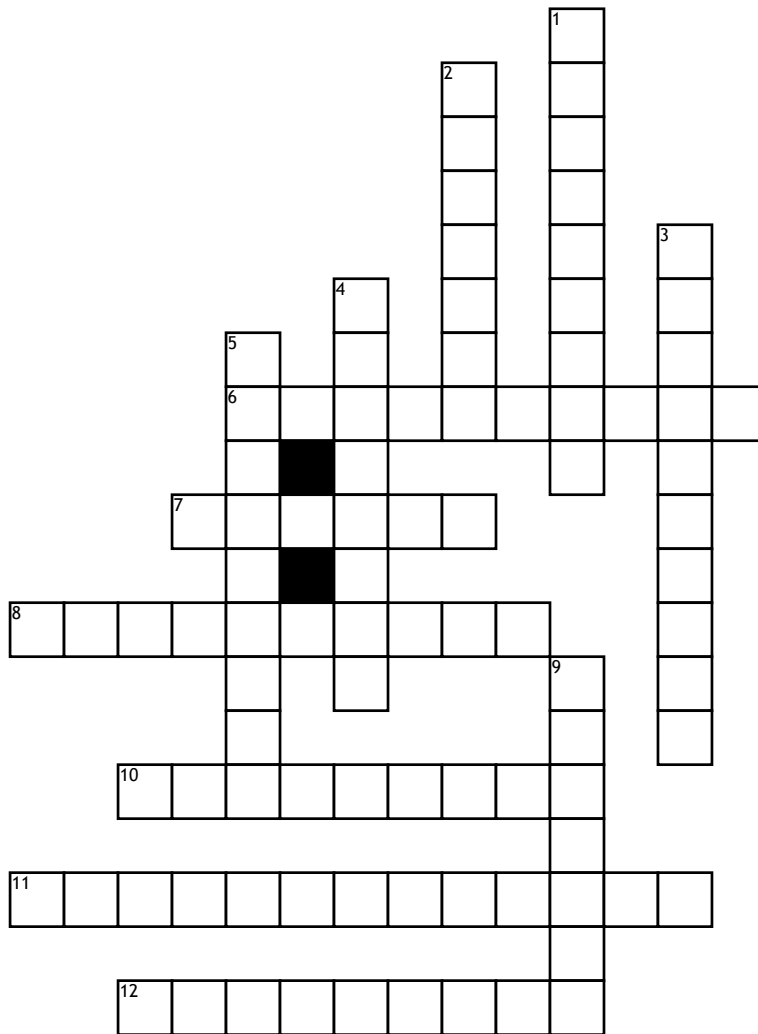


Name: _____

Date: _____

Muscles



Across

6. They are best suited to producing lower levels of speed and power.

7. Muscles work involuntarily in other words they work without us thinking about them

8. they can contract quickly and forcefully but have a poor endurance capacity

10. Draws scapula forward and downward

11. Maintains erect posture

12. Located under the trapezius

Down

1. The muscle lengthens, it is a _____ contraction

2. the prime mover is also known as the _____

3. When an agonist muscle shortens under tension it is referred to as a _____ contraction

4. When it shortens or lengthens it is known as an _____ contraction

5. If it stays the same length it is referred to as an _____ contraction

9. There are more than 600 in the body

Word Bank

Slow Twitch

Smooth

Concentric

Isotonic

isometric

Fast Twitch

Eccentric

agonist

sacrospinalis

Pectorals

Rhomboids

Muscles