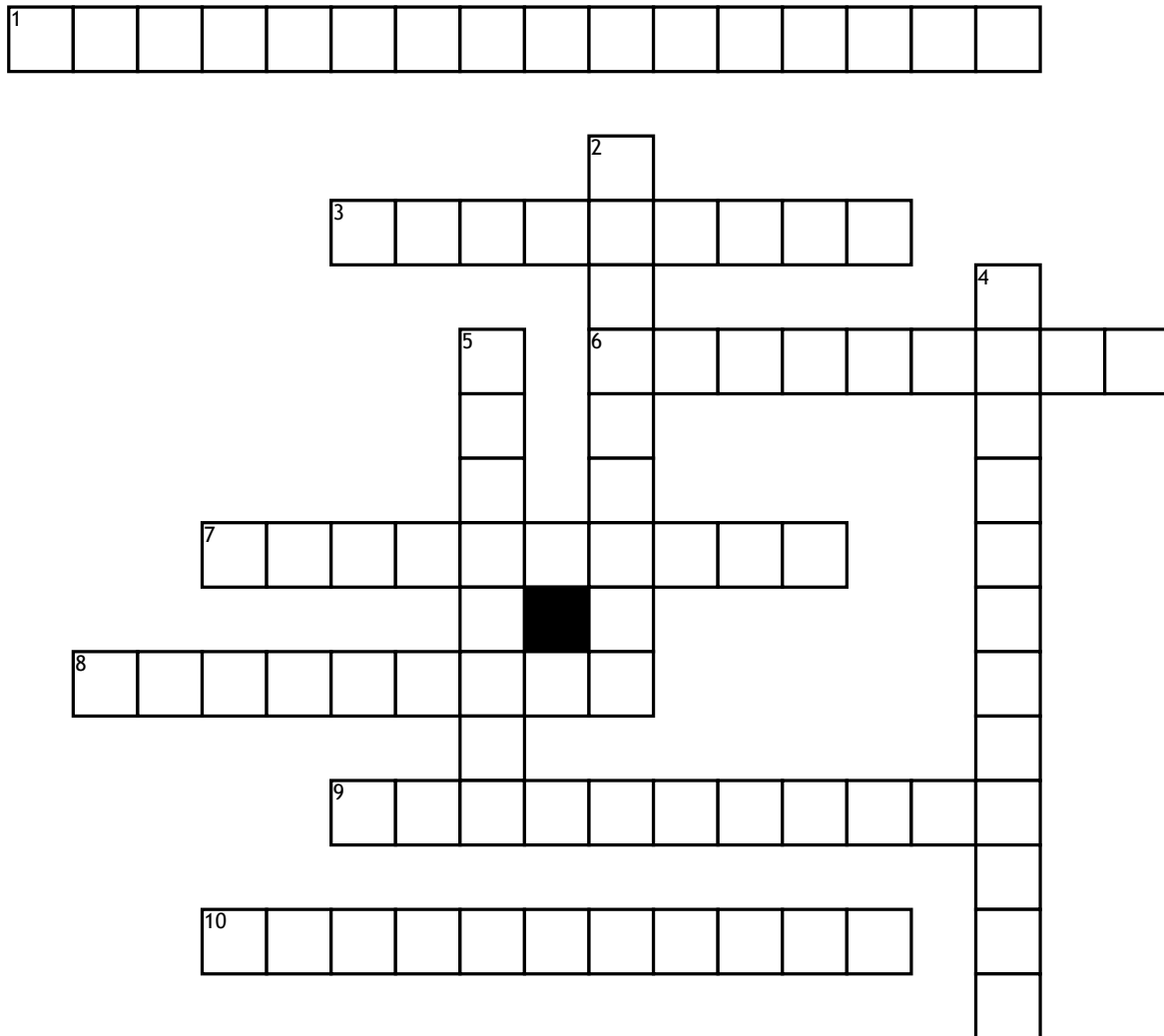


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Muscular System



## Across

1. Located at the front of shin causes dorsiflexion at the ankle
3. Movement produced at elbow by contraction of the triceps
6. What do we call a muscle contraction when the muscle contracts and lengthens
7. Muscle fiber with the highest density of mitochondria
8. Which connective tissue reduces friction at a joint

9. Muscle Fibre that produces highest amount of force
10. What do we call muscle growth ?

## Down

2. A type of involuntary (smooth ) muscle
4. Muscles that cause flexion at wrist
5. Which muscle causes extension at the hip