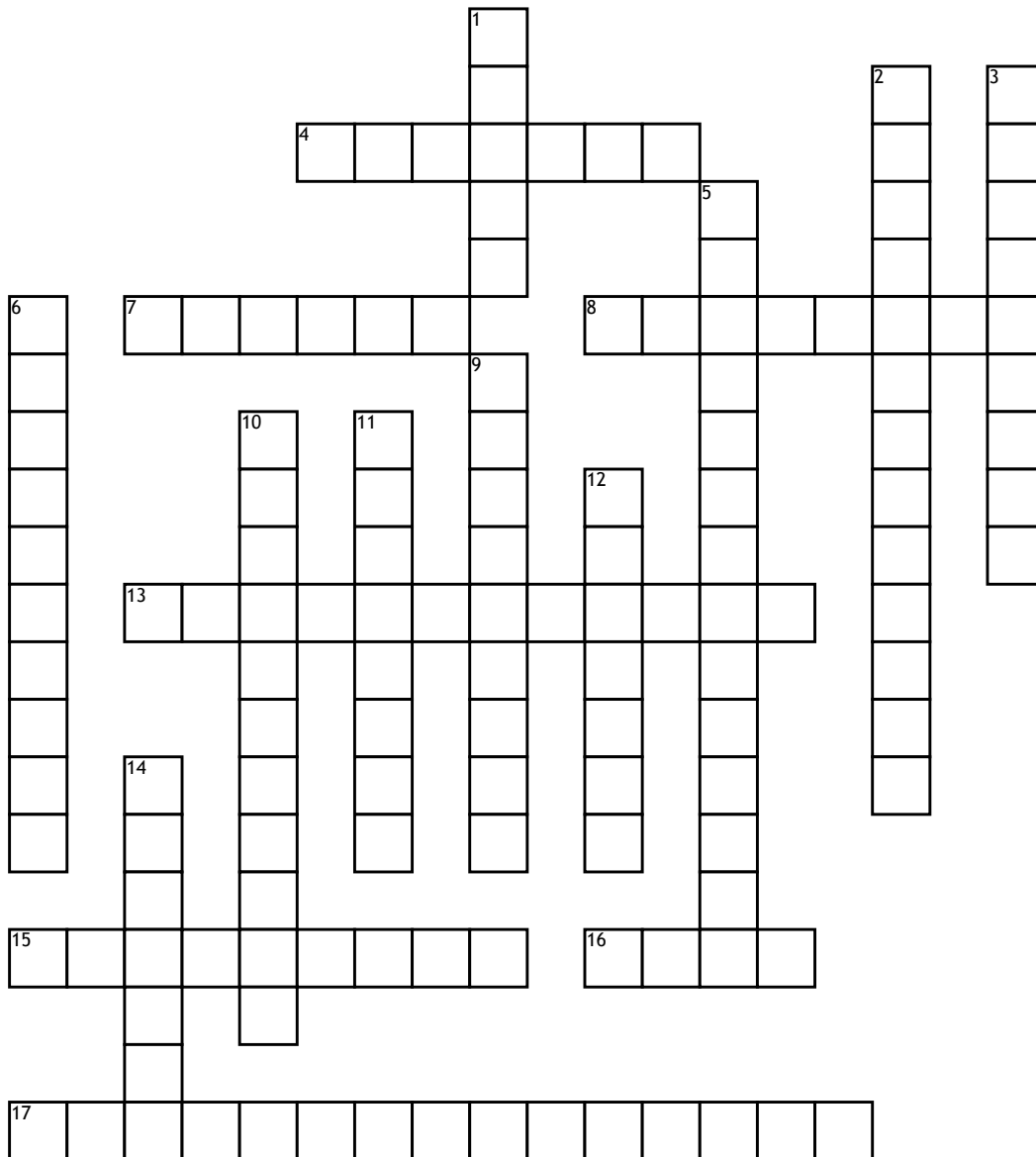


Name: \_\_\_\_\_

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

# Muscular System



## Across

- 4. muscle located at the back of the upper arm
- 7. to increase in length
- 8. activity of using your muscles in various ways to keep fit
- 13. found in the walls of internal organs, blood vessels, hair follicles
- 15. ability or strength to continue or last without becoming tired
- 16. to bend

17. muscular and skeletal systems

## Down

- 1. muscle at the front of the upper arm
- 2. type of muscle in the heart
- 3. muscle whose action is controlled by the person (example: lifting an arm)
- 5. muscle connected at either end with a bone

6. Exercise that involves working your muscles against free weights or your body's own weight (walking, running, push ups)

9. tissues that connect bones, hold organs in place

10. muscle controlled without thinking about it (pumping heart)

11. to draw together

12. tissues that cause motion in the body when contracted

14. connects muscle to bone