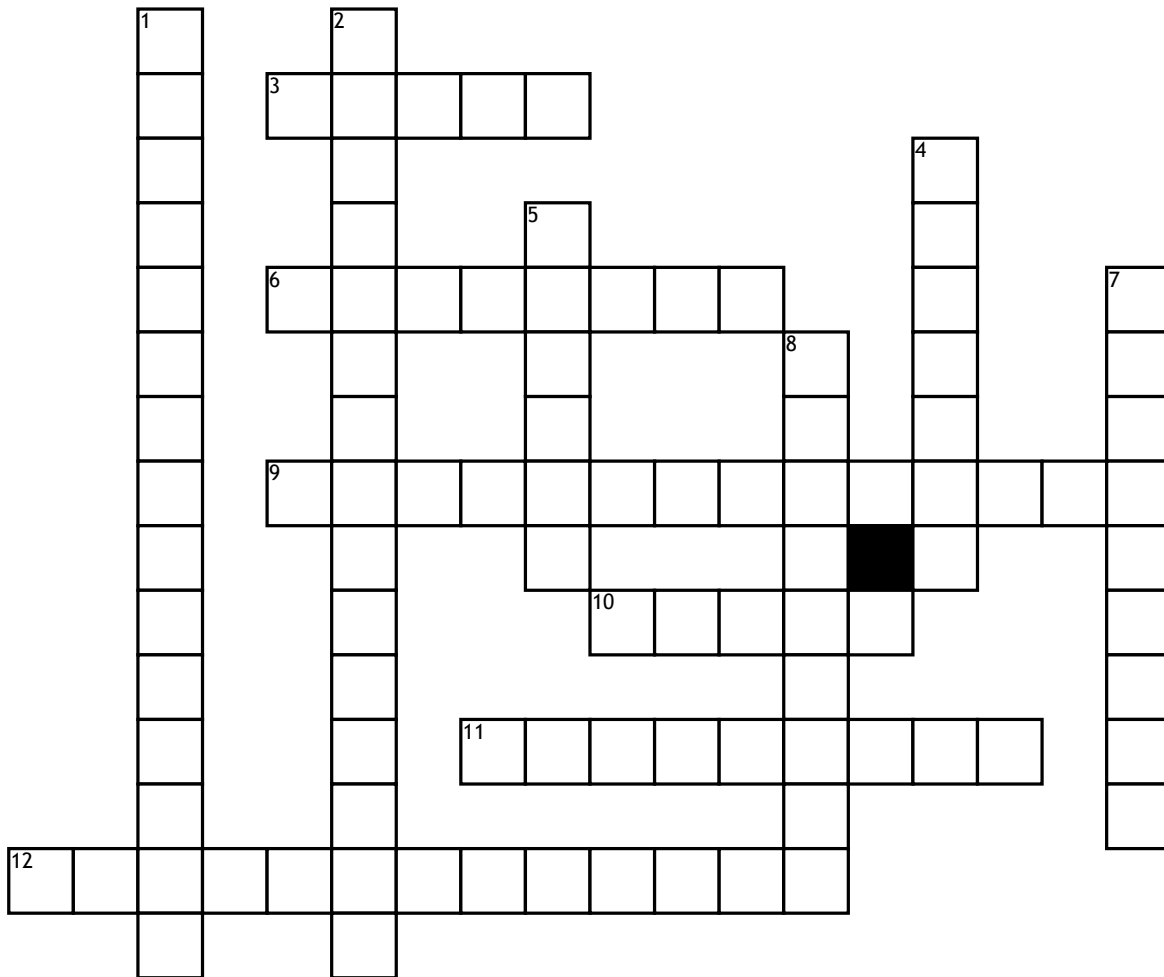


Name: _____

Date: _____

Muscular System



Across

3. Your muscles _____ when they lengthen.

6. Your muscles _____ when they shorten.

9. One of the strongest muscles in your lower body, also known as the butt.

10. Muscle that helps to bend arm up, flexing your "guns" shows them off.

11. Muscle used to help to straighten leg.

12. This muscle makes up the large part of your calf.

Down

1. Largest back muscle.

2. The large chest muscle helps when you perform push ups or bench press.

4. Also known as your shoulder muscles.

5. Muscle found in the back of your arm, helps to extend arm.

7. Large muscle group found in back of the leg, helps to bend leg.

8. This muscle runs from the top of your back/shoulders to the bottom of your head.