

Name: _____

Date: _____

Muscular System

R Y P R L L W P M M T A J P Y E H C T E R T S G
R L I Q L X H K K U J X L N O L B Q H I M A P T
Q Z F P W V W C P S J P A E X S X L X B M K R C
V X S S R T Z N U C L T R I C E P S R J S O L V
S C M D H R G V Y L J S F D W S P D E K S B N G
E A Y U N A D L R E N O D N E T S E L L I H C A
U T I G H T E N G S B J G M Z S K A R K I I P L
T M F R X N Q U A D R I C E P S O G U R J C G K
X R L D I O T L E D Y G C S X J O P P O S I N G
L P E L I A Y O C H A S D W I F R J N A H M A Z
W Q X S F U Y Q O I L R C V G H Y E B I U B K J
J R O P P L U R N A X I E W U Z B I H Q E P M I
R B R N L M V V N S M A F O Y I U W Q F H K L O
T G S E T B F B E B W P N D B L W C I X F Y V D
F K Y Z H C G R C P A X Y S F H D O S K A G L E
I H S G U Z P B T P N U E D V O F N S H W P N C
L I K B O B P U S M M F E A L J F T R D X U W T
E O I R G T B I C E P S U Q H F L R E I G L A X
J A I Z B H K M E A E P S L Y T A A L I B L K A
A B D O M I N A L I L W Z A C V C C A H Q E P V
X U N R O T C M D N V O O X V V O T X L H Q I E
T H N Q D U L W R Q N D B X G B G N E V O C P H
I B O Q T E N D O N S N J T Y H N T S N I Y L G
G A W W W R J K Y I J S G S D M E S C I B C D S

Achilles tendon
contract
stretch
muscles
calf

quadriceps
opposing
flexors
triceps
lift

abdominal
tighten
tendons
biceps
pull

connects
deltoid
relaxes
pairs