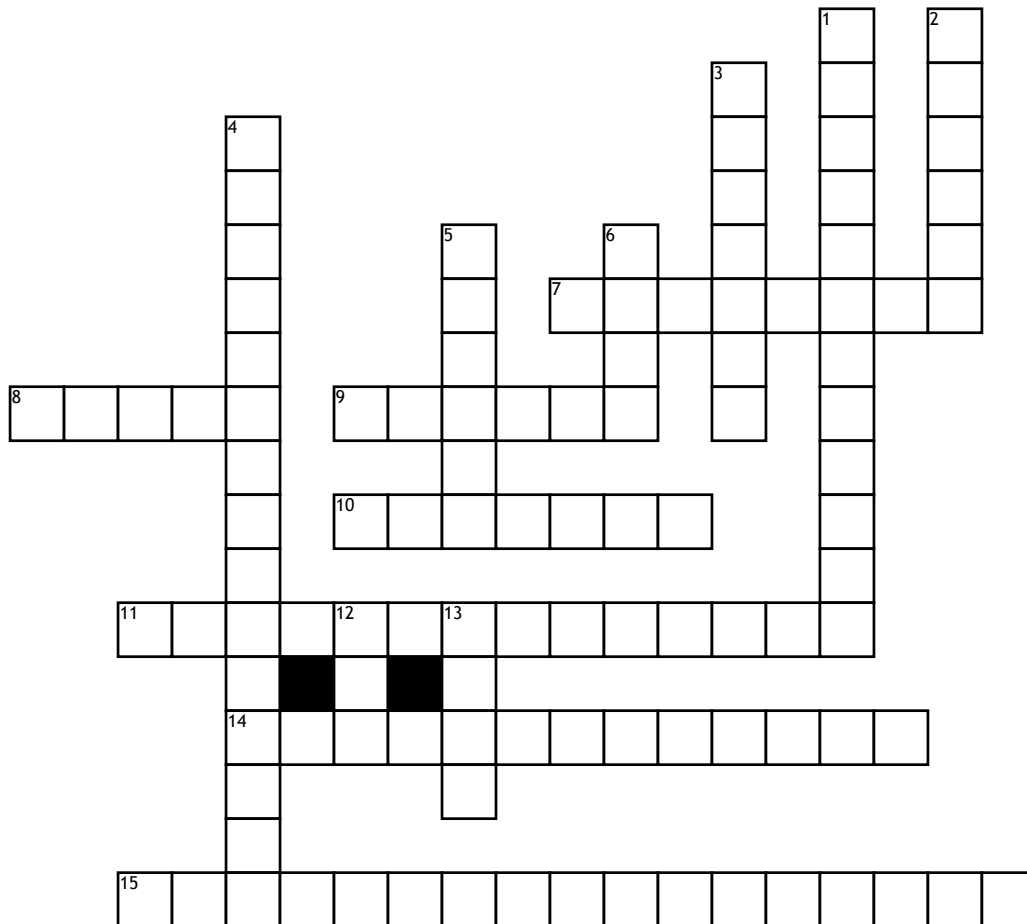


Name: \_\_\_\_\_

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

# Muscular system



## Across

7. bones, internal organs and blood vessels, are responsible for
8. The \_\_\_\_ is the hardest working muscle in the body
9. As muscle work they use
10. Your body contains more than 600
11. The largest muscle in the body is the

14. the muscle specific to the heart

15. \_\_\_\_ can be split into 3 main types

## Down

1. The muscular system is composed of specialized cells called
2. Muscles make up approximately 40 percent of total

3. \_\_\_\_ will lengthen or relax

4. Make up about 30-40% of body weight

5. \_\_\_\_ will shorten

6. Its main function is to act as a barrier to protect the

12. The \_\_\_\_ contains the smallest muscles in the body

13. It's 16% of our weight

## Word Bank

Heart

Skeletal muscles

Triceps

Ear

Movement

Skin

Energy

Body

Muscle contraction

Muscle fibers

gluteus maximus

Biceps

Cardiac muscle

Weight

Muscles