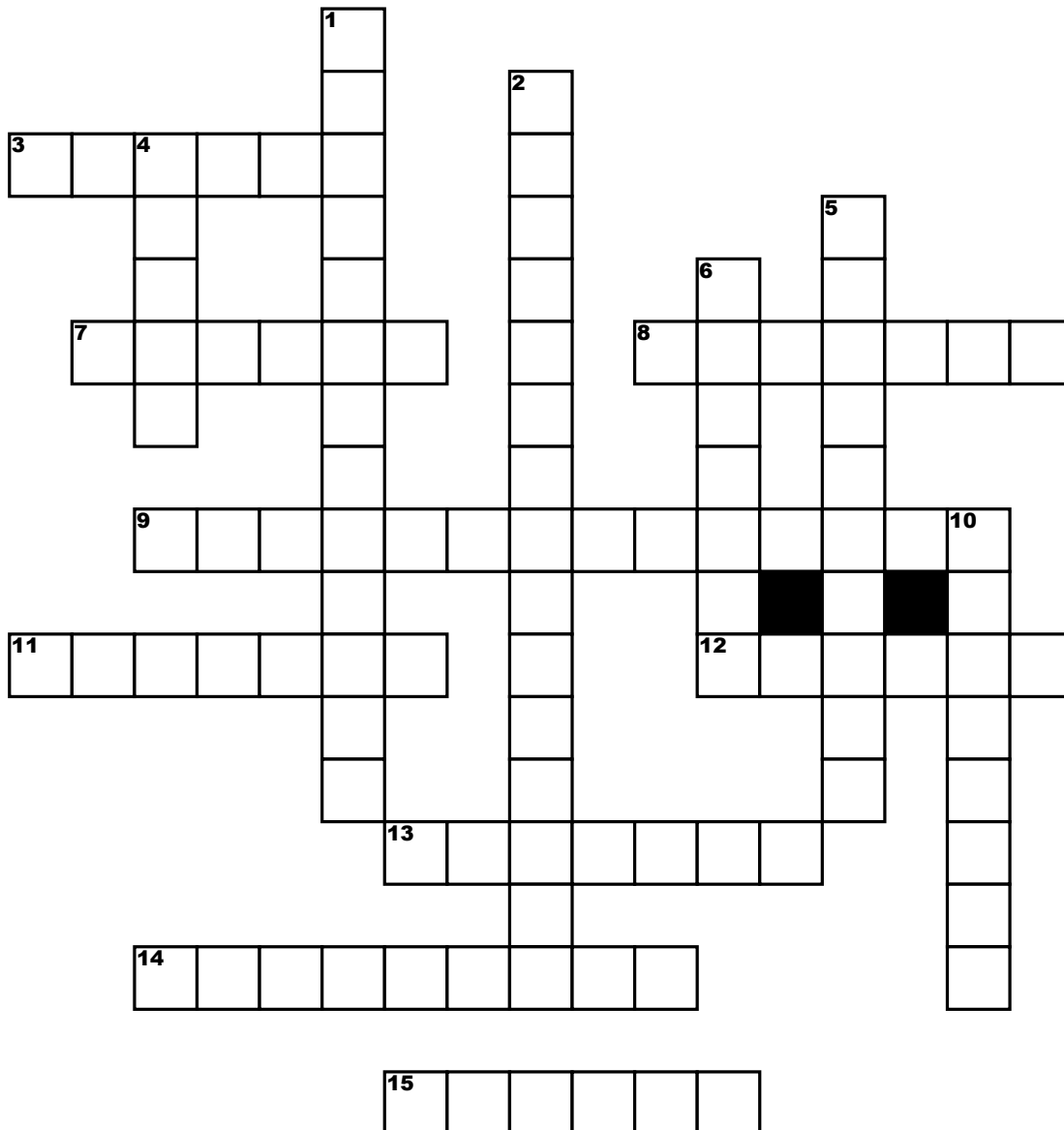


The Muscular System



Across

- 3.** This is what muscles are mad up of.
- 7.** This is what attaches a muscle to the bone.
- 8.** This is what makes up a muscle fiber.
- 9.** This group of muscles controls the movement of our fingers and our wrists.
- 11.** This muscle helps to raise the arms above the head.
- 12.** This muscle helps to extend the arm.

- 13.** This muscle surrounds the heart and is the strongest in the body.

- 14.** This muscle helps to shrug our shoulders and pinch our shoulder blades together.

- 15.** This type of muscle tissue is involuntary and makes up most of our digestive system.

Down

- 1.** This muscle helps to point the toes downward.

- 2.** This muscle helps to pull the elbows down to the side.

- 4.** This muscle helps to flex the arm.

- 5.** This is what we call a muscle that is opposite of the muscle that is being used.

- 6.** This is one of the functions of the muscular system. It acts like a shield for your organs.

- 10.** This is the type of muscle tissue that moves the bones.