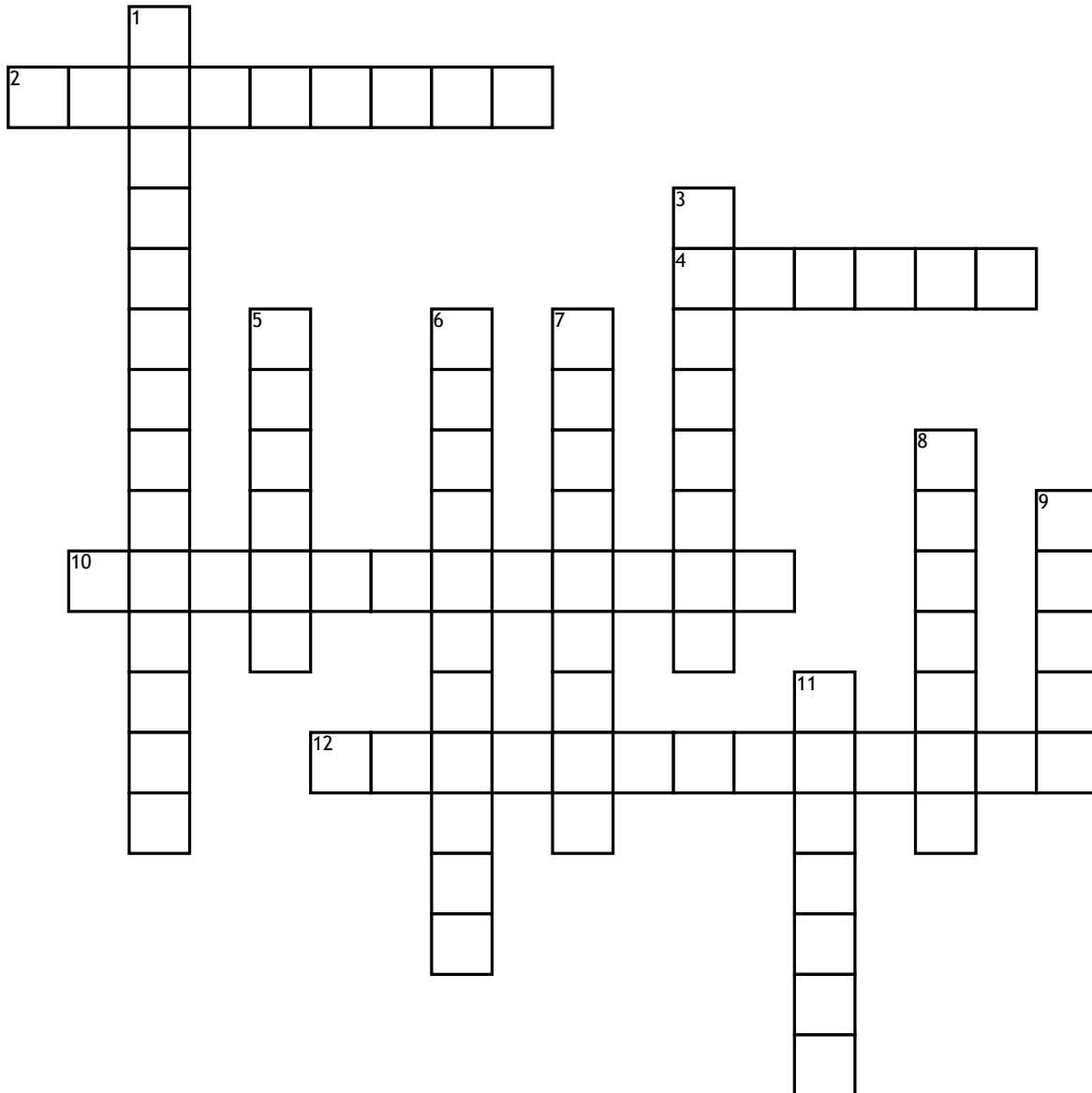


Name: _____

Date: _____

The Muscular System



Across

- 2. Muscle that causes flexion of the neck
- 4. Muscle in the lower posterior aspect of the leg
- 10. Muscle that causes flexion of the elbow
- 12. Muscle fibre type used for long distance sports

Down

- 1. Muscle in the quadricep closest to the midline of the body
- 3. Muscle contraction where muscle changes in length
- 5. nutrient needed to allow muscles to work
- 6. Adaptation of muscles from long term training

- 7. movement where limbs move away from the midline of the body
- 8. three muscles on top of the shoulder
- 9. the number of muscles in the hamstrings
- 11. Muscle type found only in the heart