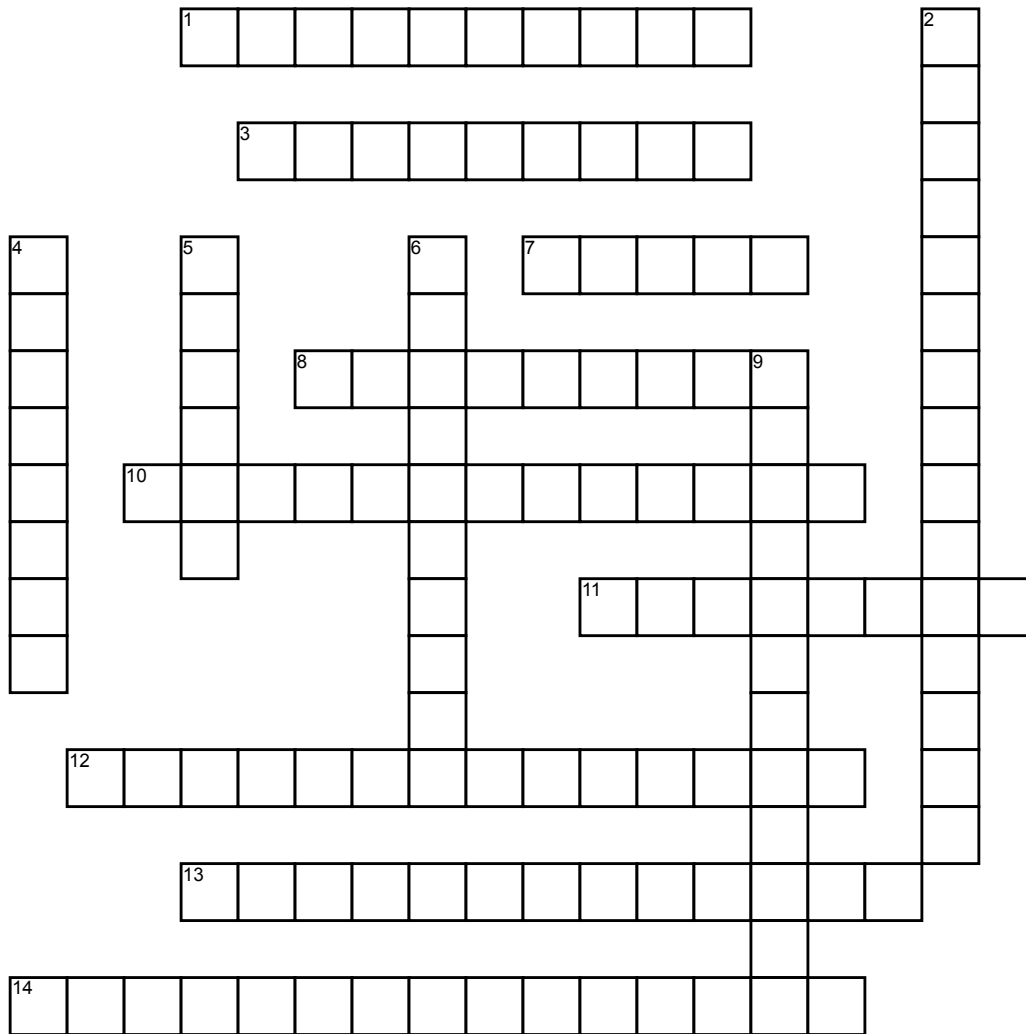


Name: _____

Date: _____

muscles



Across

- 1. pack muscles
- 3. the muscle that runs along the back of your thigh
- 7. the muscle on the upper front arm
- 8. muscle that is used to tilt and turn the head and neck, retracts the scapula or shoulder blade

10. the muscle that handles most of the work when performing a pushup

- 11. muscle that helps move your shoulders
- 12. the largest muscle in the body
- 13. muscle that pumps blood throughout your body
- 14. muscle that moves our body parts

Down

- 2. widest muscle in the back
- 4. skeletal muscle located in the upper back and connects the spine and scapula
- 5. muscle on the back of the upper arm
- 6. muscle found on the front of thighs
- 9. muscle that is found in your digestive system

Word Bank

smooth muscle
hamstring
bicep
tricep

cardiac muscle
trapezius
quadriceps
rhomboid

latissimus dorsi
skeletal muscles
deltoids

gluteus maximus
abdominals
pectoral major