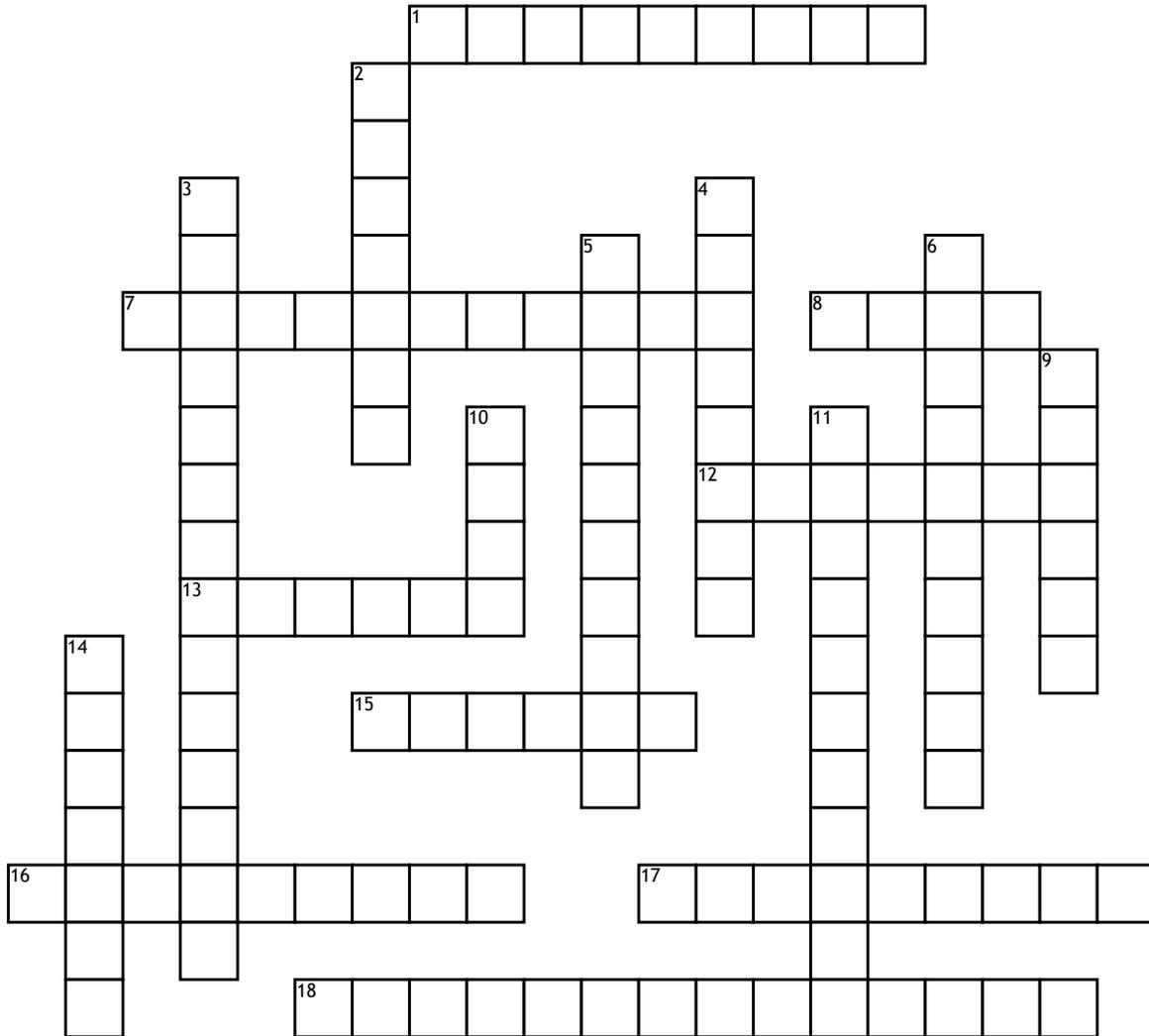


Name: _____

Date: _____

Anatomy Crossword



Across

1. form of exercise that uses fast twitch fibers

7. soreness is caused from

8. muscles that are further from the surface

12. joins muscle to bone

13. towards the midline

15. attached portion of muscle to bone which typically does not move

16. action that describes extending a limb away from the body

17. process of taking in oxygen and releasing carbon dioxide

18. the framework of our body

Down

2. there are approximately 640 of these in the human body

3. largest muscle in the body

4. strongest muscle in the body (based on weight)

5. by product of anaerobic respiration

6. superficial muscle of the posterior part of the body

9. further from a given point

10. muscles can only

11. muscles that cannot be controlled

14. a greater amount of ATP is produced in this type of respiration