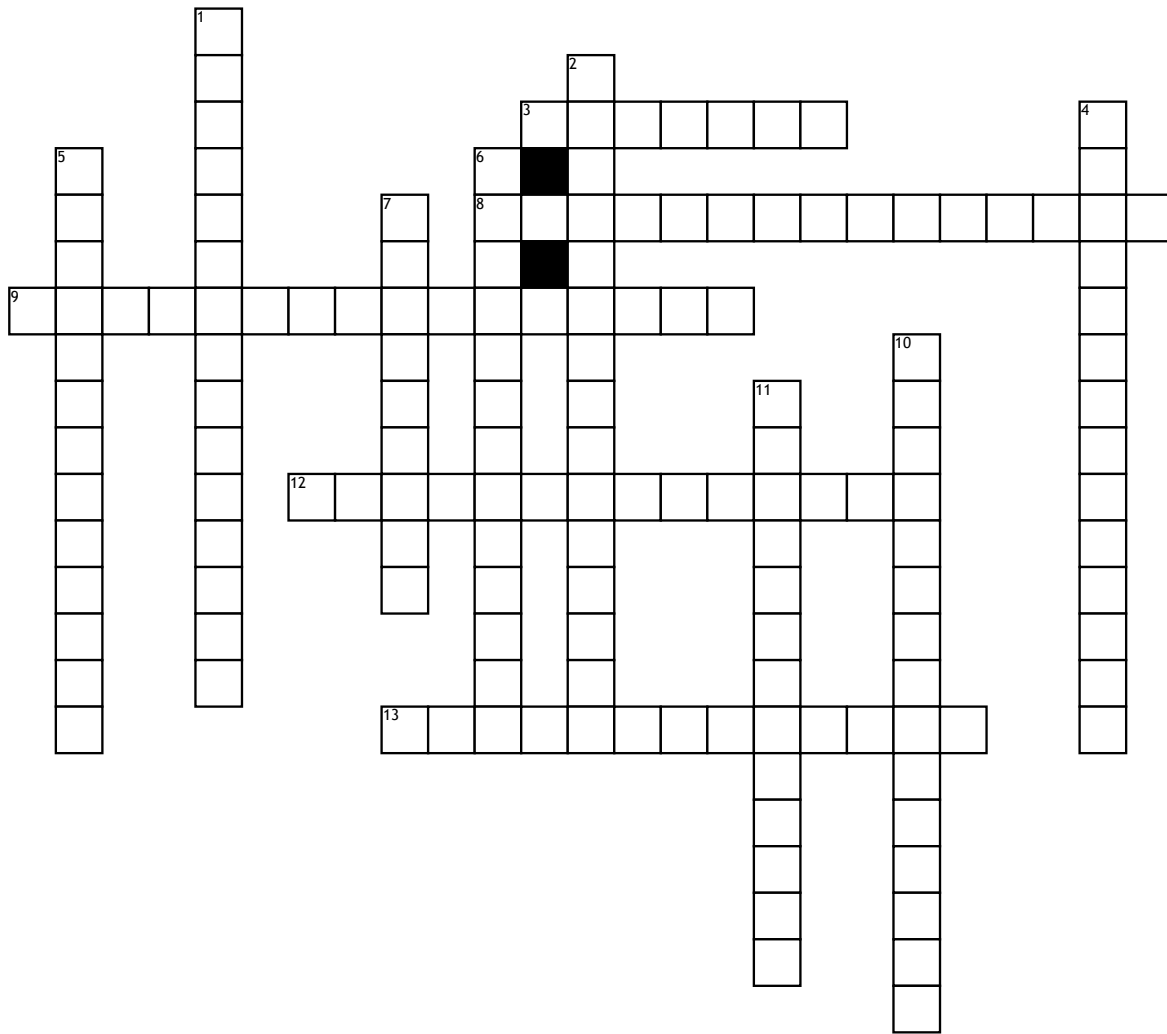


Name: _____

Date: _____

Human Muscles



Across

- 3. Also known as the "shoulder"
- 8. Side abdominal muscle that helps with rotation
- 9. "Finger-like" muscles located just above the ribs
- 12. Muscles located on the back of the upper arm (three heads)

13. Also known as the "calf"

Down

- 1. Middle abdominal muscles
- 2. Also known as the "chest"
- 4. Muscle that makes up your "rear end"
- 5. Muscle located on the front of the upper arm (has two heads)

6. Muscle that is part of the "quad"

- 7. Muscle located behind the neck and upper back
- 10. Big muscle of the back
- 11. Also known as the "hamstring"