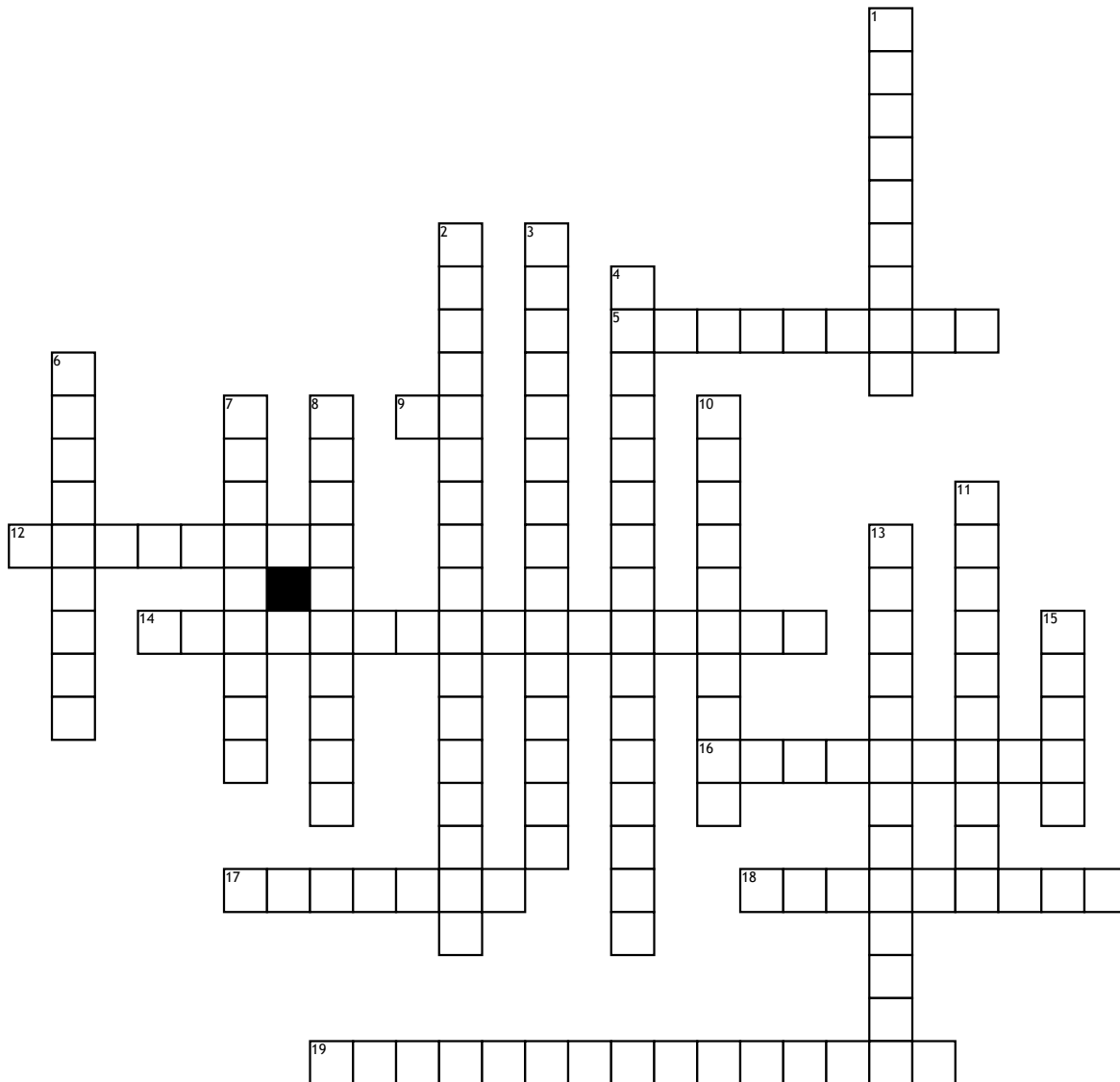


Name: _____

Date: _____

Learn your muscles, anatomical terms, & kinesiology



Across

5. The gluteals are opposite of what muscle

9. What are the initials for the muscle that does spinal extension

12. What muscle rotates the spine and does lateral flexion

14. When your hinge joints turn in towards your midline, it's called

16. What pushes

17. What closes an angle of a joint

18. What does it mean to open the angle of a joint

19. What upper body muscle pulls

Down

1. What action brings your limbs away from the body

2. Your trapezius does this action

3. What muscle does spinal flexion

4. What is your shin muscle

6. What muscle does scapular retraction

7. When your hinge joints add to the body or come towards your navel, it's called

8. What muscle is used to flex your knee

10. What muscle extends the knee

11. Deltoids does what

13. What muscle extends your ankle

15. True or false - when the triceps flex the biceps extend