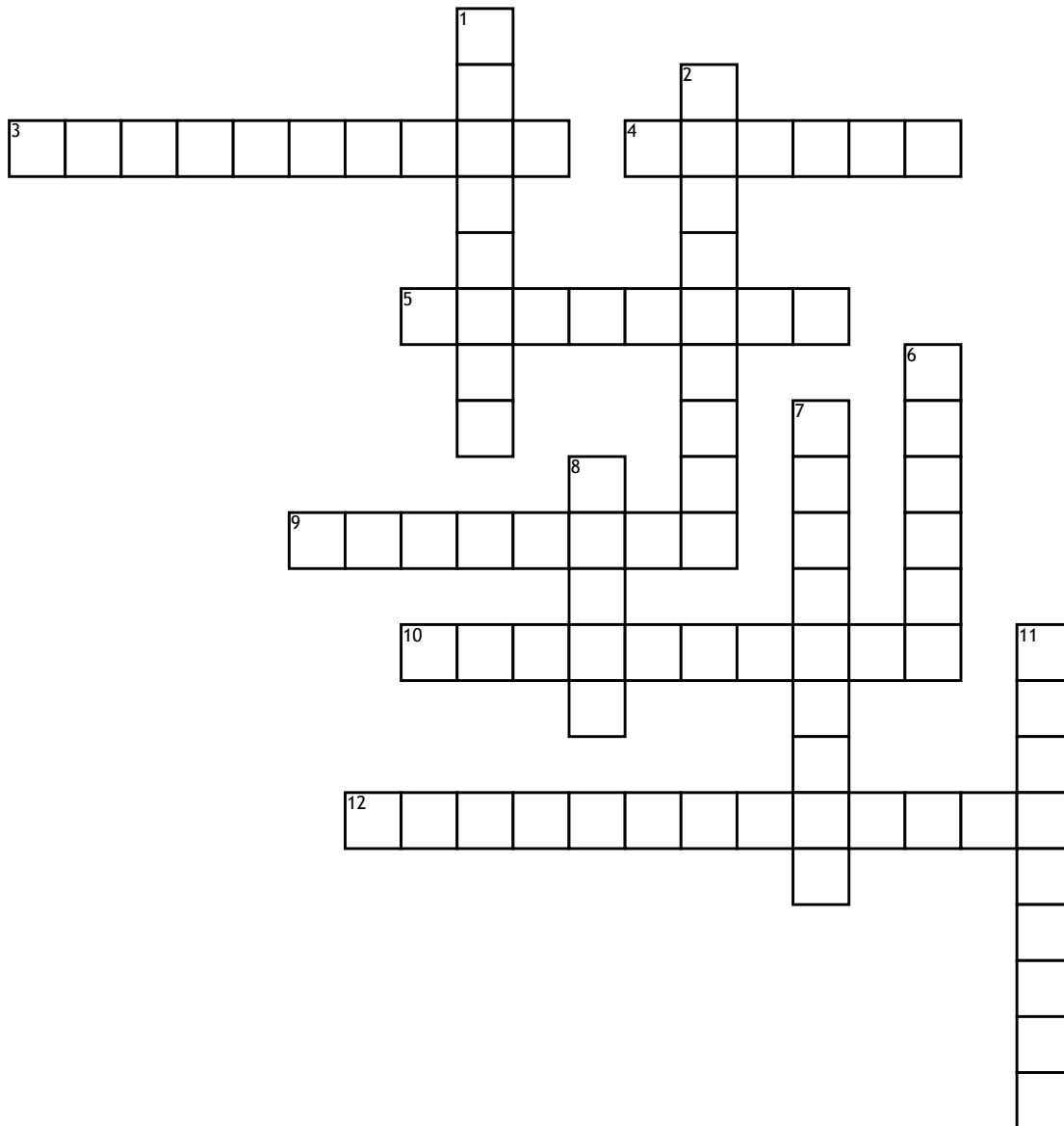


Name: _____

Date: _____

Muscle Crossword



Across

3. This muscle is sometimes called a six pack.

4. Muscle on back of arm.

5. You use this piece of equipment to do a bicep curl.

9. Another name for shoulder muscle.

10. This exercise works the biceps.

12. The scientific name for calf muscle.

Down

1. These muscles are on your sides.

2. This muscle flexes when we shrug our shoulders.

6. This exercise works our leg muscles.

7. Muscle on upper front part of leg.

8. Muscle on front of the arm.

11. Muscle on upper back of leg.