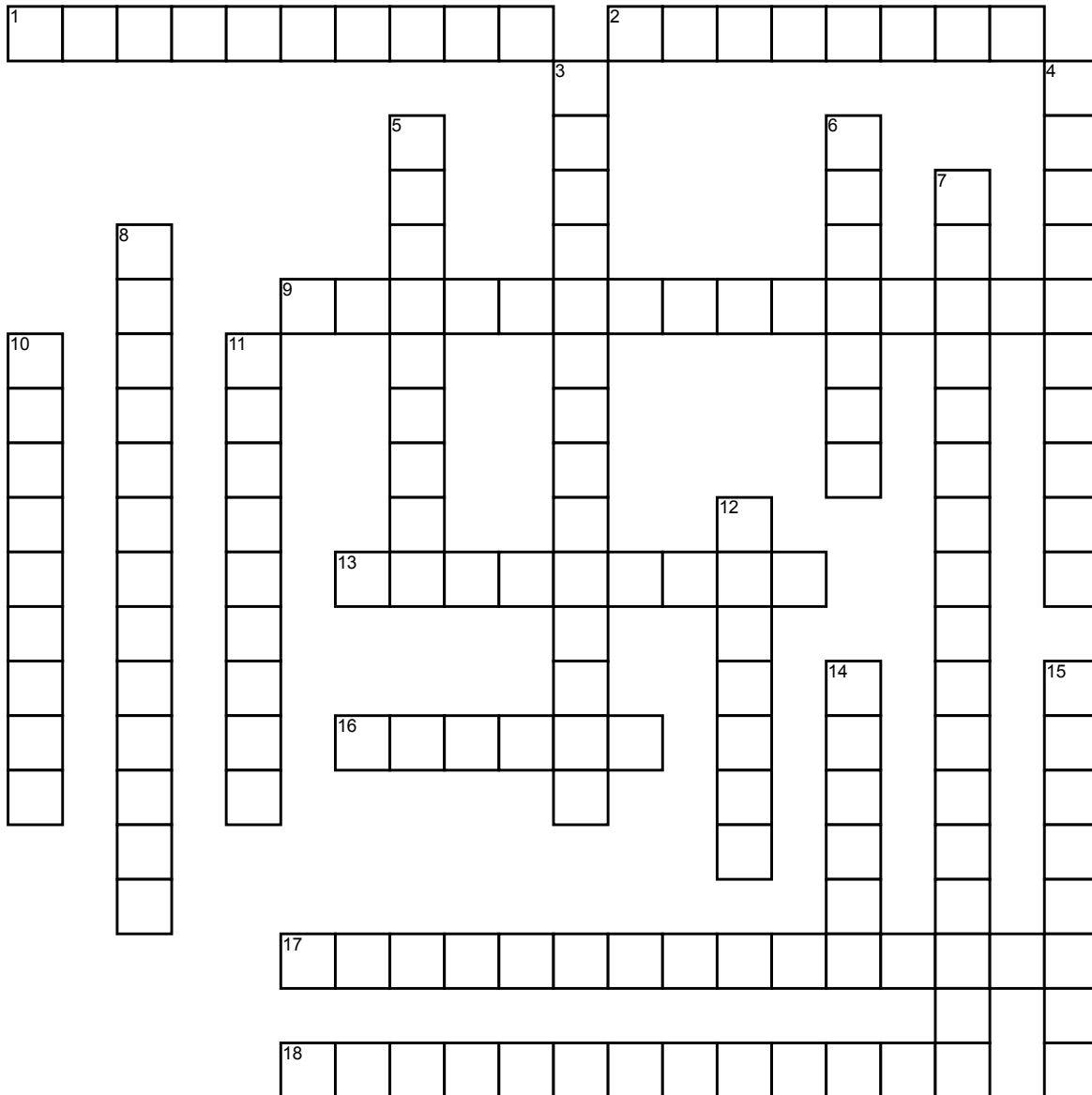


Muscles



Across

1. The name for a muscle that opposes 1 across to provide resistance for co-ordinated movement
2. A concentric muscle contraction is where a muscle does this while producing tension at the tendon
9. The name of the muscle that eccentrically contracts to control flexion at the knee
13. The type of muscle contraction where the muscle lengthens while producing tension in the tendons
16. The antagonistic partner to the tibialis anterior

17. The muscle that concentrically contracts to cause flexion at the shoulder

18. The muscle that causes plantarflexion during take off in the long jump

Down

3. The muscle which opposes the adductor brevis during hip adduction
4. The muscle that causes medial rotation
5. The name of a muscular contraction where the muscle does not change length
6. The name for a muscle responsible for creating or controlling movement at a joint

7. Rectus femoris, vastus lateralis, vastus medialis and?

8. The muscle that concentrically contracts to cause flexion at the elbow

10. Wrist flexors and wrist...?

11. The muscle that concentrically contracts to cause flexion at the hip

12. The name for a muscle that stabilises one part of the body while another causes movement

14. The central deltoid

15. The latissimus controls movement at this joint