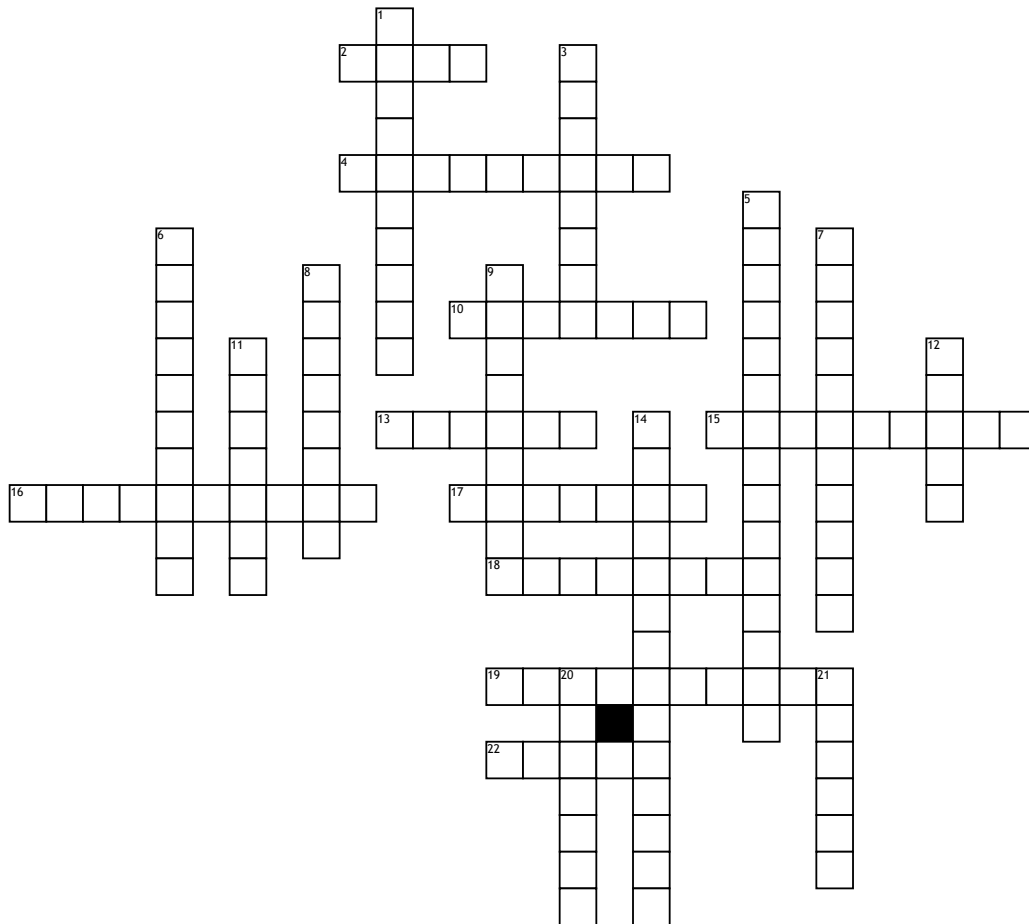


Name: _____

Date: _____

Muscular System



Across

- 2. Muscles never push, they _____.
- 4. One of the major muscles of the back, responsible for extending the head at the neck
- 10. These connect muscles to bones.
- 13. This type of muscle allows your internal organs to work.
- 15. Muscles that you CAN control.
- 16. These muscle fibers help enable long-endurance feats, such as distance running
- 17. Cardiac muscles never _____, or get tired.

- 18. This type of muscle allows you to move your bones.
 - 19. Stomach muscles.
 - 22. To loosen, or go back to original length.
- Down**
- 1. The thigh muscles, in front of your femur.
 - 3. Striped, skeletal muscle fibers.
 - 5. The combination of your muscles and your skeleton, or bones.
 - 6. These muscle fibers fatigue quickly and are used in powerful bursts of movements like sprinting
 - 7. Muscles that you CAN'T control.

- 8. To shorten, or become smaller and tighter.
- 9. These major muscles are found on each side of your upper chest.
- 11. The muscle that makes up the heart.
- 12. This problem occurs when a muscle stays contracted.
- 14. The muscle from the hip that forms the buttocks, the strongest muscle in the body.
- 20. Your _____ muscles help you move your shoulders every which way.
- 21. This can result in overuse of a muscle.

Word Bank

- | | | | | |
|-----------------|-------------|-------------|------------|-----------------|
| Deltoid | Striated | Fast Twitch | Voluntary | Relax |
| Quadriceps | Pectorals | Tendons | Abdominals | Slow Twitch |
| Contract | Cardiac | Skeletal | Strain | Cramp |
| Trapezius | Fatigue | Smooth | Pull | Gluteus Maximus |
| Musculoskeletal | Involuntary | | | |