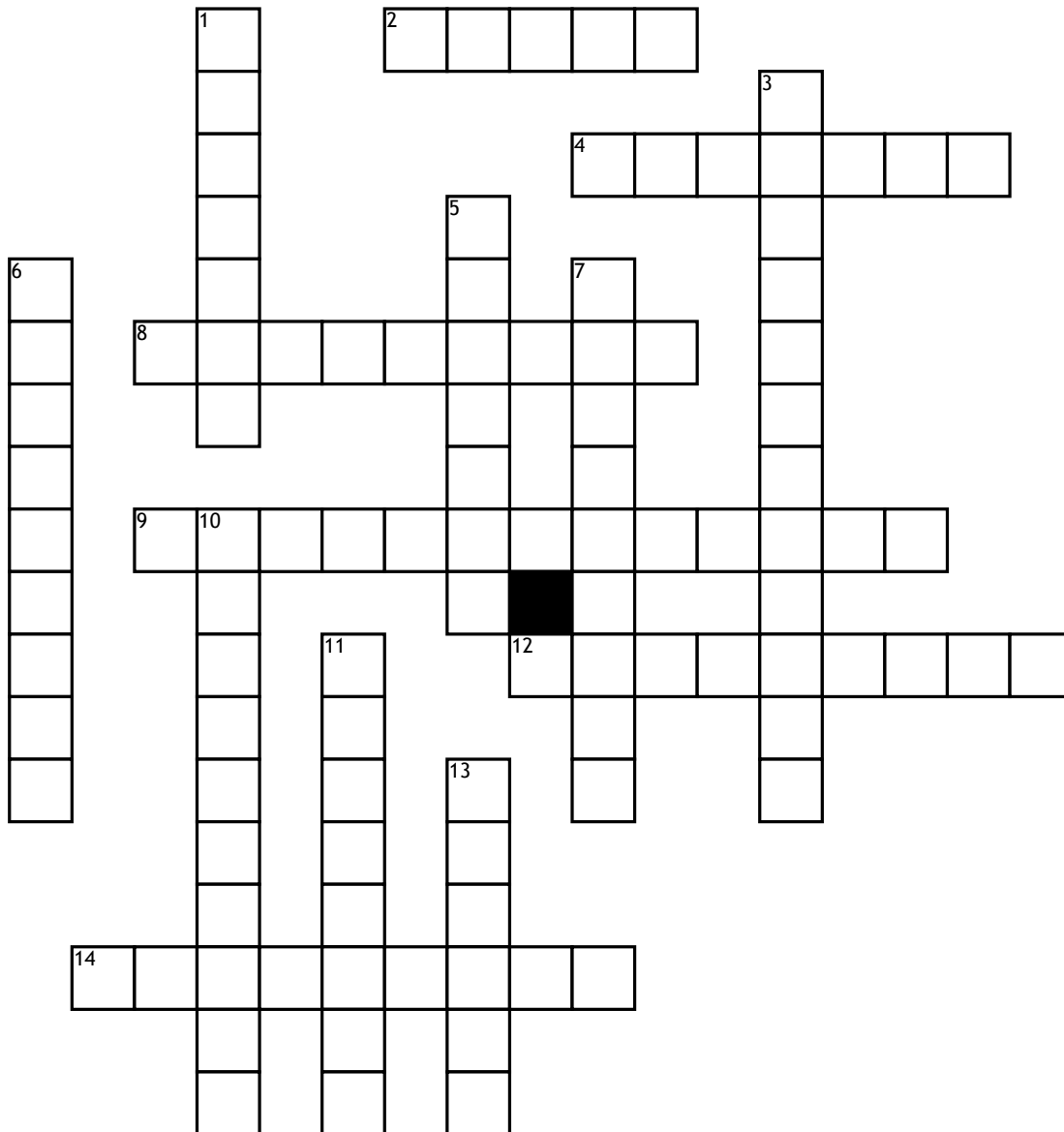


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Muscular system



## Across

2. The muscle on the inside of the upper arm

4. the muscle working is known as the

8. Which muscle allows you to flex your hip (move upper leg)

9. The name of the calf muscle

12. The muscle which allows us to bend our leg at the knee

14. The muscle on the front of the upper leg

## Down

1. The name of the shoulder muscle

3. The name used for muscles which work in pairs

5. type of movement = shortening at a joint

6. A movement away from the centre line of the body

7. Muscles which we control are known as

10. The name of the stomach muscle

11. The name of the chest muscle

13. Which muscle allows you to straighten the elbow