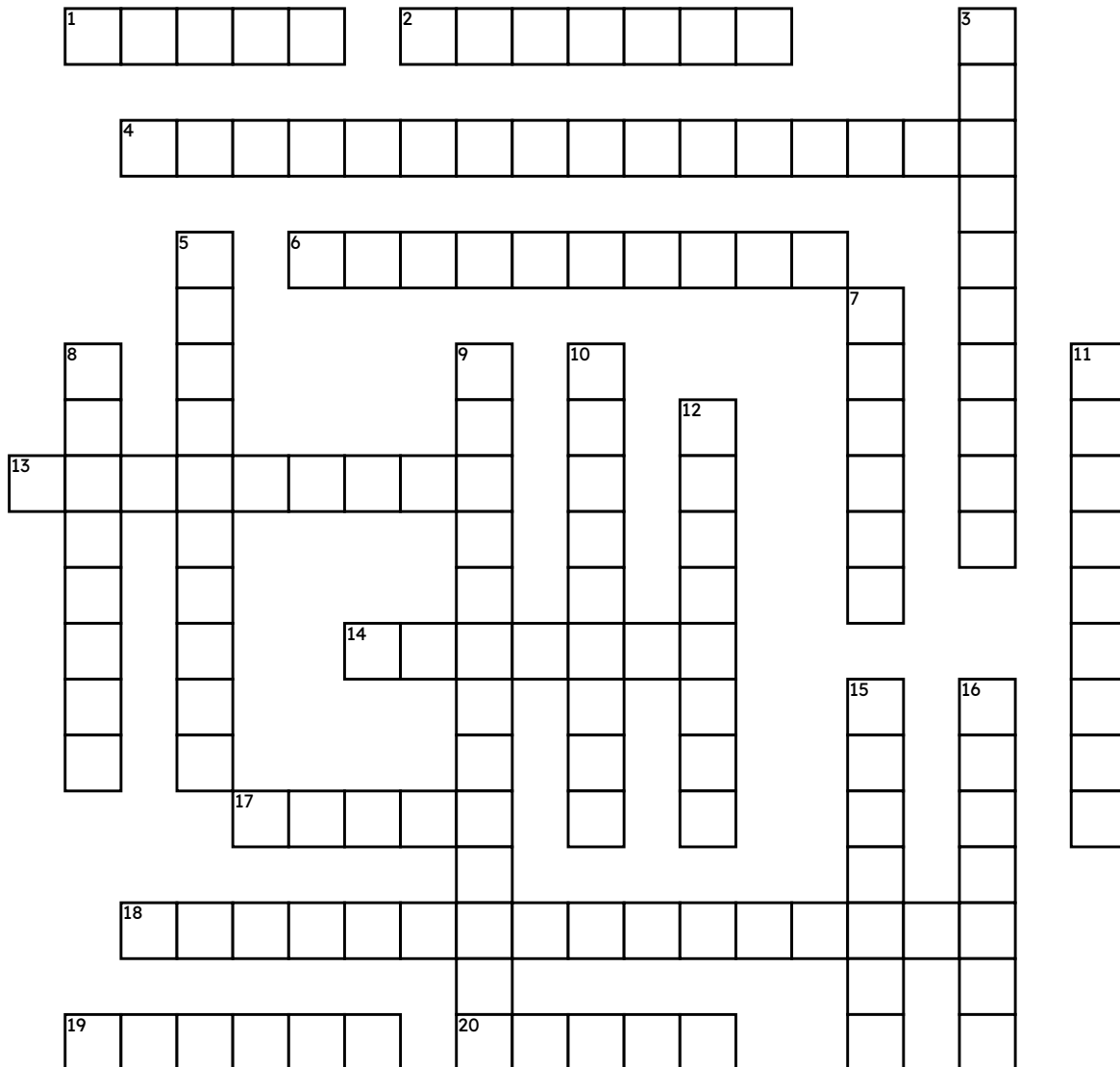


classification and characteristics of muscles



Across

1. the agonist for flexion of the elbow
2. muscle that controls shoulder abduction
4. what muscle allows twisting of the trunk
6. what muscle fibre type is mostly used by long distance athletes?
13. when a muscle relaxes it...
14. the prime moving muscle is also called the..
17. tibialis anterior and gastrocnemius are the muscles that work at which joint?

18. this muscle allows dorsi flexion to occur

19. what is the name of the muscle type that is located in our organ walls and blood vessels?
20. what size are slow twitch fibres?

Down

3. what muscle fibre type is mostly used by 100m sprinters?
5. the muscle that opposes the agonist is the..
7. fast twitch fibres have a limited supply of what?

8. what is the name of the type of muscle that is connected to our bones and allows us to move?

9. this muscle is the antagonistic pair to the tibialis anterior
10. this muscle is the antagonistic pair to the hamstring
11. this muscle controls flexion at the knee
12. when a muscle contracts it...
15. what type of muscle keeps our hearts pumping oxygen around the body?
16. what colour are slow twitch muscle fibres?