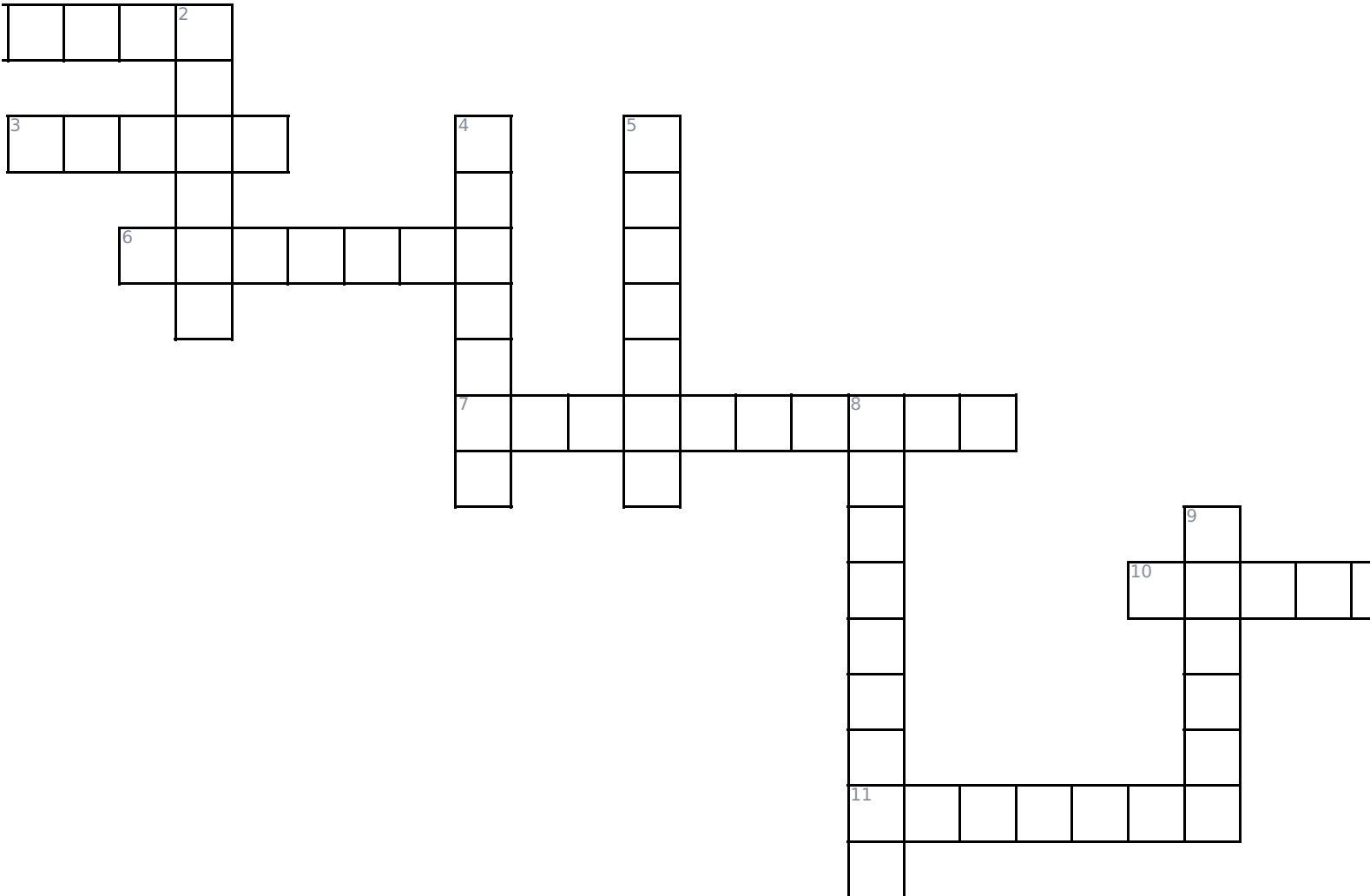


## Muscles: Our Muscular System: Criss Cross

Answer clues based on the content and vocabulary words from Muscles: Our Muscular System. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



## Across

1. Your \_\_\_\_ muscles keep blood pumping through your body.
3. When the muscle fibrils receive signals, the \_\_\_\_ strands slide past the myosin strands.
6. When a muscle \_\_\_\_, it lengthens or stretches.
7. Muscles are controlled by \_\_\_\_ signals that come into the muscles from nerves in the brain and spinal cord.
10. When you make a fist and bend your arm, your \_\_\_\_ muscle bends your elbow.
11. Muscles are attached to bones by narrow, ropelike tissues called \_\_\_\_.

## Down

- 2. Straightening out your arm again causes your \_\_\_\_ muscle to contract and your biceps muscle to relax.
- 4. \_\_\_\_ make up about 40 percent of a normal person's body weight.
- 5. Your \_\_\_\_ muscles aid in the digestion of your food.
- 8. When a muscle \_\_\_\_, it shortens, and that moves the bones to which it is attached.
- 9. Muscles are made up of bundles of long, thin cells called muscle \_\_\_\_.

## Word Bank

MUSCLES  
RELAXES  
FIBERS

STOMACH  
BICEP  
ELECTRICAL

HEART  
TRICEP  
ACTIN

CONTRACTS  
TENDONS

# Answer Key

