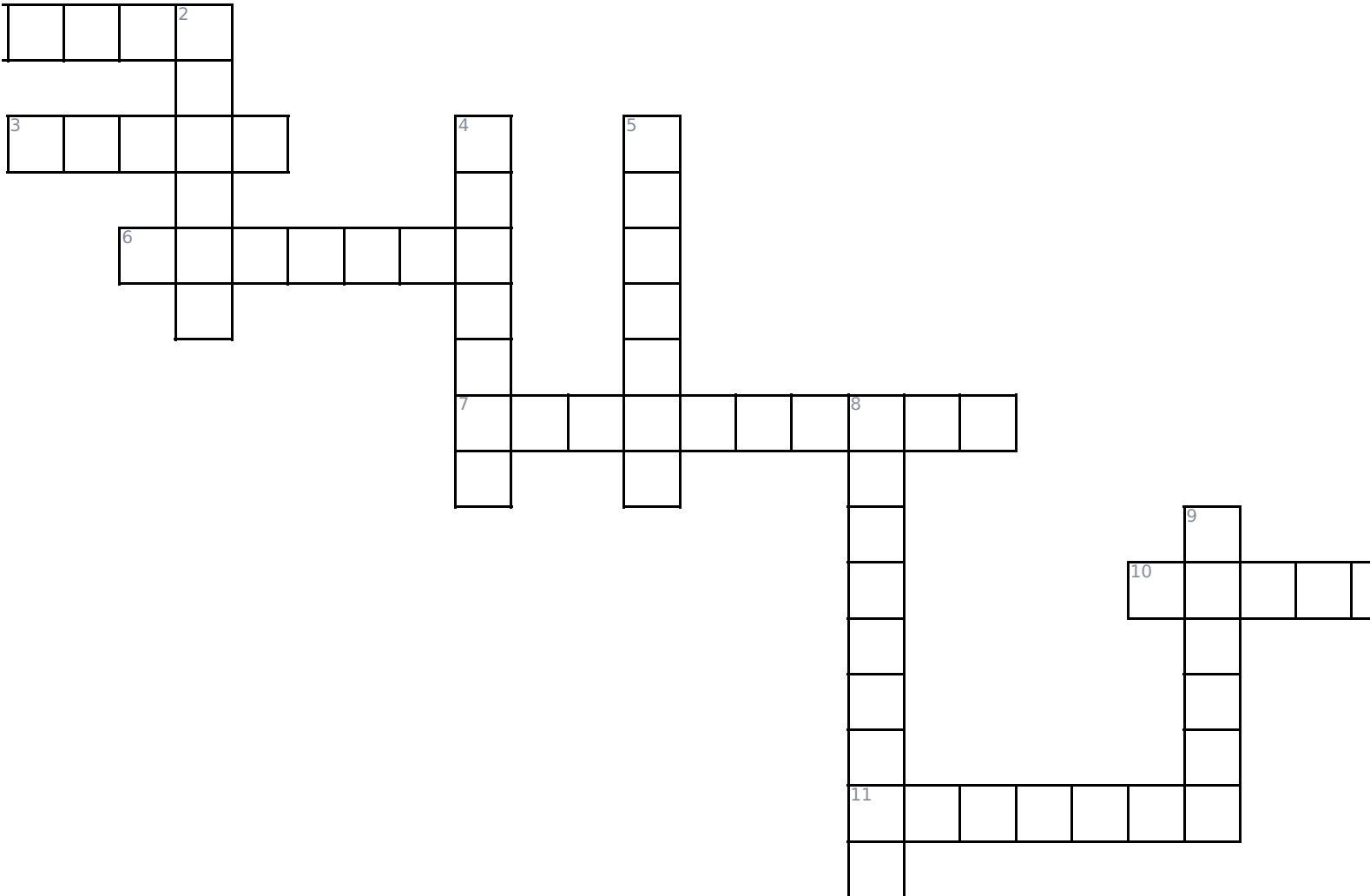


Muscles: Our Muscular System: Criss Cross

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

