

Name:	 	
Date:		

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	STOMACH	HEART	CONTRACTS
RELAXES	BICEP	TRICEP	TENDONS
FIBERS	ELECTRICAL	ACTIN	

Answer Key

