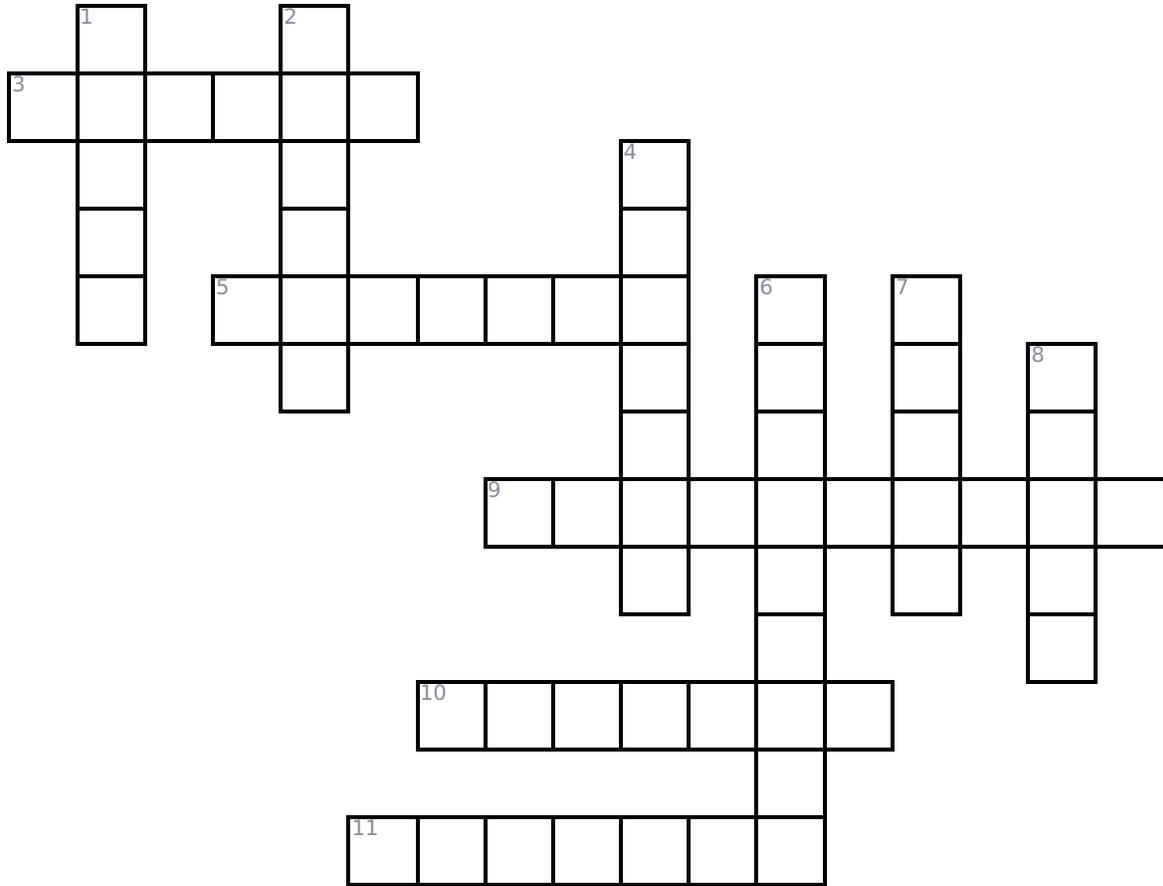


## Muscles: Our Muscular System: Criss Cross

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

3. Muscles are made up of bundles of long, thin cells called muscle \_\_\_\_.
5. Muscles are attached to bones by narrow, ropelike tissues called \_\_\_\_.
9. Muscles are controlled by \_\_\_\_ signals that come into the muscles from nerves in the brain and spinal cord.
10. Your \_\_\_\_ muscles aid in the digestion of your food.
11. When a muscle \_\_\_\_, it lengthens or stretches.

## Down

- 1. When you make a fist and bend your arm, your \_\_\_\_ muscle bends your elbow.
- 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.
- 6. When a muscle \_\_\_\_, it shortens, and that moves the bones to which it is attached.
- 7. When the muscle fibrils receive signals, the \_\_\_\_ strands slide past the myosin strands.
- 8. Your \_\_\_\_ muscles keep blood pumping through your body.

## Word Bank

MUSCLES  
RELAXES  
FIBERS

STOMACH  
BICEP  
ELECTRICAL

HEART  
TRICEP  
ACTIN

CONTRACTS  
TENDONS

# Answer Key

