Name: $\qquad$
Date: $\qquad$

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

## Down

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


## Word Bank

| MUSCLES | STOMACH | HEART | CONTRACTS |
| :---: | :---: | :---: | :---: |
| RELAXES | BICEP | TRICEP | TENDONS |
| FIBERS | ELECTRICAL | ACTIN |  |

## Answer Key



