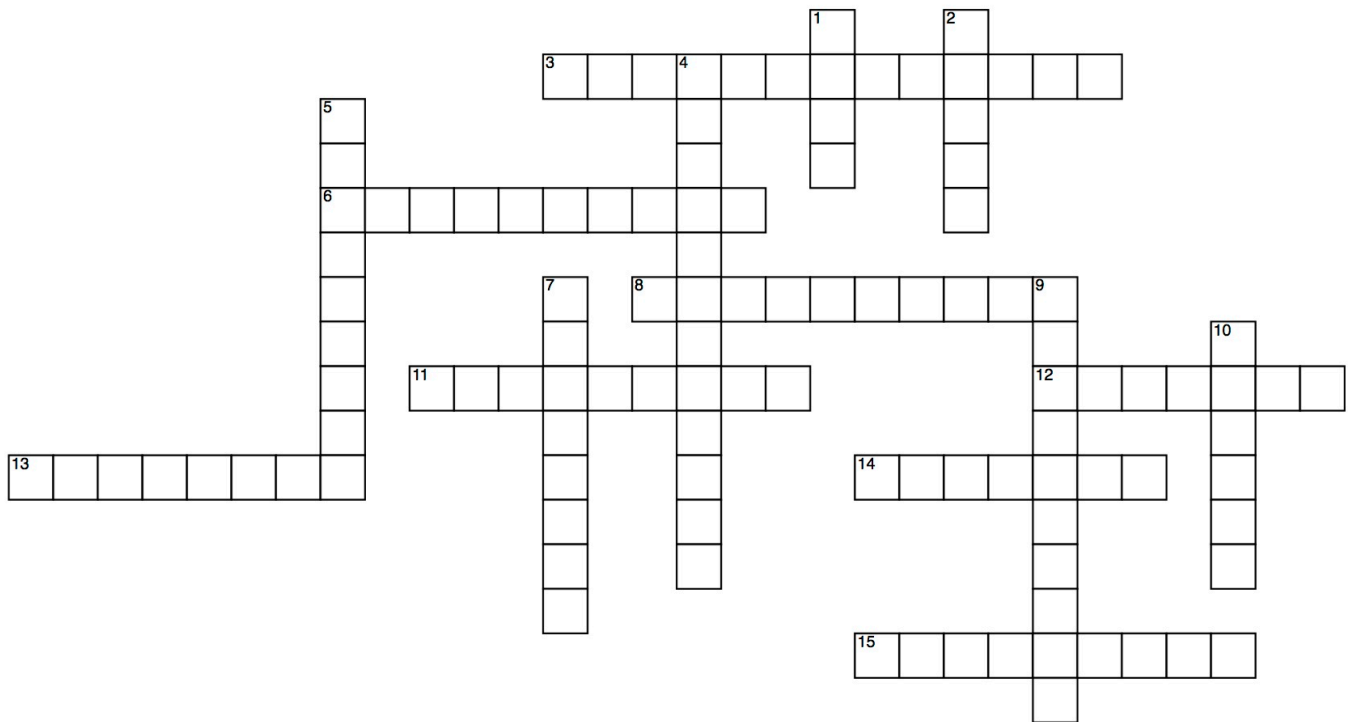


Characteristics of Muscle Crossword Puzzle



ACROSS

- 3 Refers to a muscle's ability to be stretched.
- 6 Describes the up phase of a movement against gravity.
- 8 During a squat exercise, this muscle is antagonist to the quadriceps.
- 11 A muscle that helps out the prime mover is called a _____.
- 12 The muscle most responsible for a movement is called the _____.
- 13 A push-up is an example of this type of muscle action.
- 14 Type of muscle found in the heart.
- 15 The type of muscle action when a muscle generates force but does not change length.

DOWN

- 1 As you sit down into a chair, you are moving _____ the force of gravity.
- 2 An example of a common isometric exercise.
- 4 Refers to a muscle's ability to receive stimuli from the nervous system.
- 5 Sitting down into a chair is considered an _____ movement.
- 7 Type of muscle that pulls on bones.
- 9 In most exercises, the core muscles function as a _____.
- 10 During a triceps extension exercise, this muscle is the antagonist.

