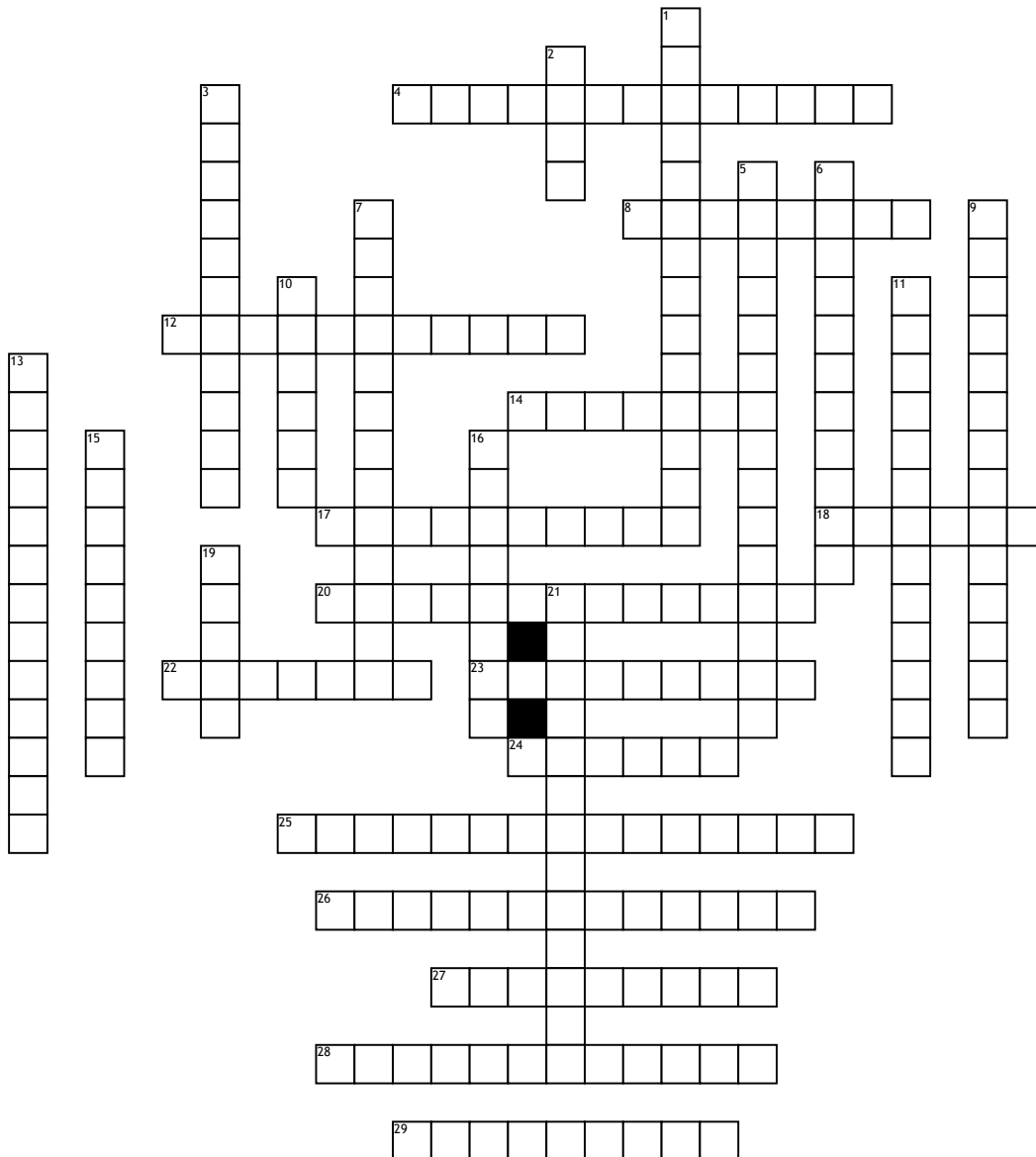


# Muscles Crossword Puzzle!



## Across

4. Muscle found under the scapula that helps form the rotator cuff in Image #10, shown in the arrow below
8. Another name for long fibered muscles or paralleled muscles.
12. Muscle growth from heavy training is muscle...
14. The ion that binds to troponin to contract a muscle, by pulling tropomyosin away from the cross-bridge binding site.
17. Fiber length is determined by the number of \_\_\_\_\_ in a series, in Image #12
18. The point where a muscle connects to but never moves.
20. With long term inactivity, this replaces muscle fibers.
22. The state of the skeletal muscle shown in Image #2
23. Image #4 shows a muscle contracting but not shortening, this is an example of what type of contraction

24. A twisting force that tends to cause rotation.
25. Look at Image #1, what are the structures in red?
26. Lack of muscle activity resulting in decrease in muscle mass.
27. The state of the skeletal muscle shown in Image #3
28. Muscle architecture found in the superficial, lateral surface of the shoulder, in Image #9
29. The muscle shown in Image #8

## Down

1. The largest gluteal muscle.
2. The abbreviation for the area of muscles that is proportional to muscle force.
3. In skeletal muscle, which muscle protein blocks the cross-bridge binding site on actin?
5. Name the five individual units that make up the motor neuron shown in Image #5.
6. During what phase of muscle movement is indicated in Image #6

7. Name the large, easily fatigued muscle fibers shown in the photo below.
9. The muscle responsible for abducting the thigh at the hip, inserted at the anterior surface of the greater trochanter, shown in Image #11
10. The term/name used to describe a straight muscle.
11. Another word commonly used for the term "externus".
13. Action potentials in the motor neuron cause the release of this chemical
15. The type of contraction in Image #7
16. The muscle protein involved in muscle contraction that pairs with Tropomyosin in the thin filaments, within the skeletal muscles.
19. As part of the \_\_\_\_\_ system, muscle acts to produce force.
21. The type of skeletal muscle fiber that is small in diameter and fatigue resistant.