Across
3. muscular system is an organ system consisting of skeletal muscles, smooth muscles and
6. What is one of the muscles used in sprinting?
8. What is a flexible, but an elastic cord that attaches a muscle to the bone?
10. What can a loss of function produce?
12. Shorten, become smaller and tighter.
14. What is the muscle that allows you to shrug your shoulders?
15. when you specifically make your muscles work

Down
1. What is one of the muscles used in a baseball swing?
2. what muscles work all by themselves to make your heart pump blood?
4. a muscle at the front of the upper arm. It lifts and bends the lower arm when it contracts.
5. Your skeletal system works with your muscular system to allow?
7. a kind of muscle acts independently of the will.
9. the name of a muscle that straightens your arm.
11. What muscles are controlled directly by the autonomic nervous system.
13. to loosen, go back to original length.