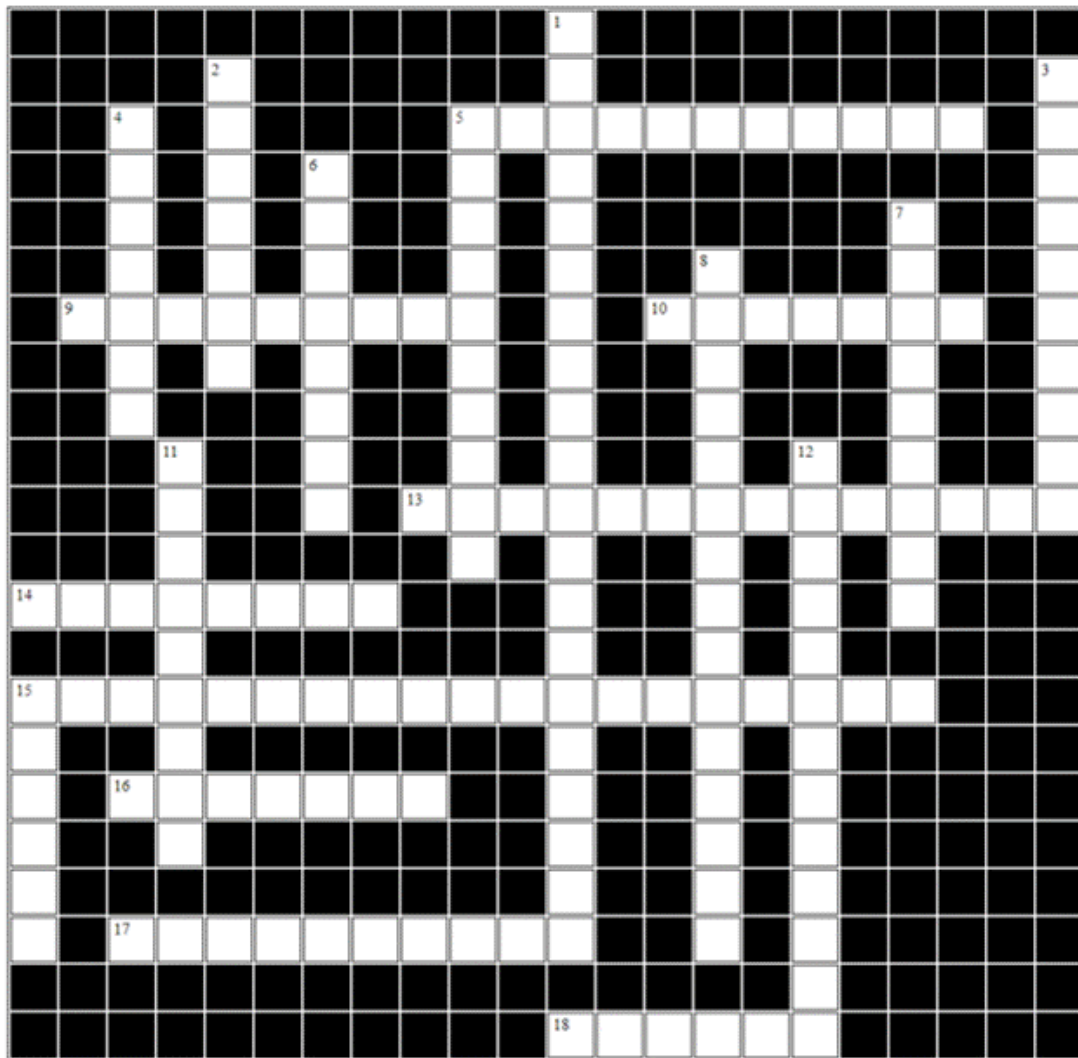


There are 640+ muscles in the human body. From agonists to antagonists and insertion to origins. What do you know about those muscles?



Across

- 5. This muscle type works reciprocally to the agonist muscles. (11)
- 9. A thin skeletal muscle that sits at the base of the chest and separates the abdomen from the thorax area. (9)
- 10. This type of muscle is only found in the heart. (7)
- 13. The strongest muscles in the human body. (7, 7)
- 14. This is the collective term for the three muscles that 'cap' each shoulder. (8)
- 15. This muscle is a superficially located neck muscle that plays an important role in tilting the head and turning the neck. (19)
- 16. The collective term for the muscles of the forearm that allow the hand to grip. (7)
- 17. Consists of the rectus femoris and the vastus lateralis, medialis and intermedius (10)
- 18. The two headed muscle found on the anterior section of the upper arm. (6)

Down

- 1. Muscles found between the ribs that are responsible for forced exhalation. (13,7)
- 2. The horse shoe shaped muscle found on the back of the upper arm. (7)
- 3. Consist of the biceps femoris, the semitendinosus and semimembranosus muscles (9)
- 4. Also termed the prime mover these muscles elicit movement at joints. (7)
- 5. This muscle is also termed the 'rectus femoris'. (10)
- 6. Muscles located on the front of the thorax. So termed because of their 'blade' like appearance. (8)
- 7. Found on the upper back and named due to its shape (9)
- 8. Sometimes known as the 'lats' or 'wings'. (10,5)
- 11. These muscles located on the chest draw the arm across the body (9)
- 12. Along with the soleus muscle, this muscle forms part of the calf of the lower leg. (13)
- 15. Involuntary muscles that can be found in the digestive system. (6)