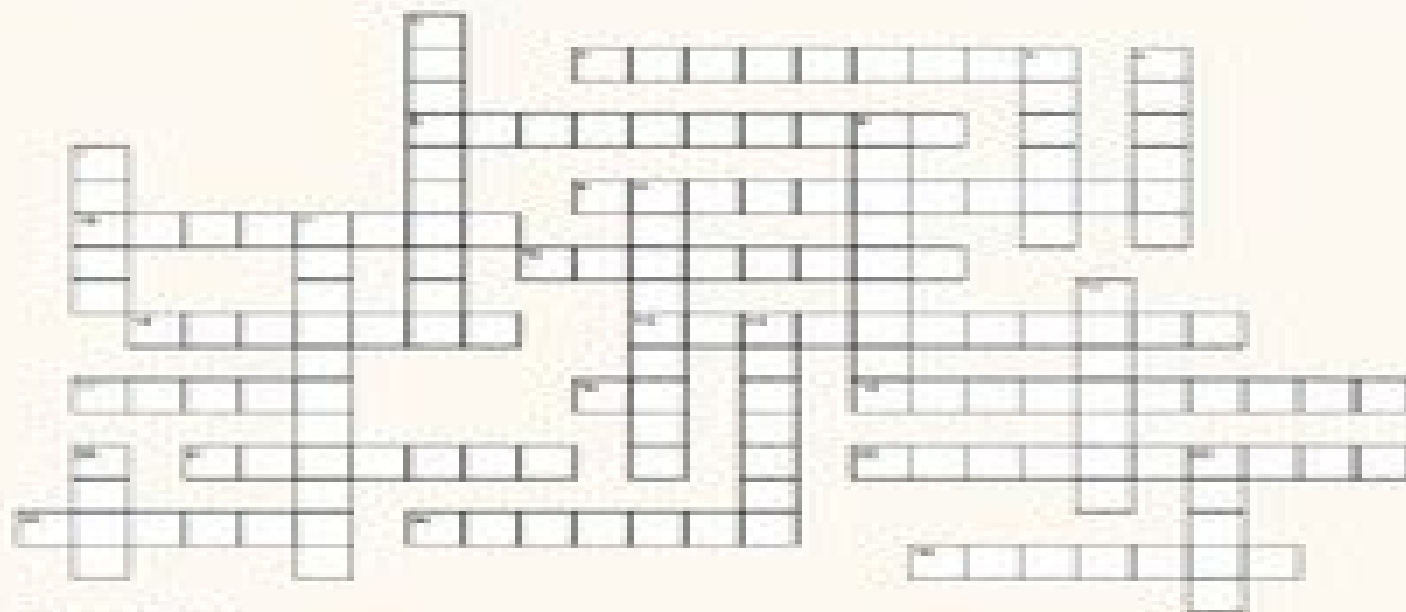


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ACROSS

- 1 The hip _____ and the knee connect the thigh together. They are used for balance and athletic activity.
- 3 A number of muscles across the physical _____ measures the mass of skeletal muscles specifically.
- 5 Muscle _____ is the number of times a muscle contracts in one minute.
- 10 An individual exercise that builds the body and helps build the skeletal system.
- 12 _____ fiber is a bundle of muscle fibers, containing the proteins to produce heat and energy.
- 14 A long tube to which organs can be attached at both ends.
- 16 Improving cardiovascular health helps improve cell size and other _____ problems.
- 17 Several muscles that contract help the _____ recover after a stroke.
- 18 The _____ muscles include the neck and trapezius, pectorals, and the upper and lower abdominals.
- 19 Rhythmic _____ of the muscles or pulling for a few minutes several times a week is the exercise before exercise.
- 20 Acceptable levels of flexibility and cardiovascular fitness are two components of the healthy _____ state.
- 22 The muscle activity and stress you need to increase your _____ Physical activity will help you achieve that.
- 24 Jumping jacks is considered an aerobic _____ exercise.
- 25 Keeping the _____ active is called the stretching because it

ACROSS BONES, GLASSES AND BONES PHYSICAL FITNESS

- 23 The _____ muscles are the muscles located between the elbow and the wrist.

DOWN

- 1 _____ injury occurs inside the covering of the bones, usually in the knee, but can happen anywhere.
- 2 Type of bone in the leg that is fairly inelastic and is a strong support for the body.
- 4 Group of muscles that make the _____ stronger help maintain the bones and help the body move.
- 6 A group of muscles that go from the base of the skull to the shoulders and the neck.
- 7 A good thing about running _____ muscles is that help during most muscle gain strength.
- 8 Stretching, running, and jumping are three examples of _____ exercises.
- 11 A good _____ of jumping jacks, squats, sit-ups, push-ups, and sit-ups can help you have a strong and healthy body.
- 13 One way to show the work muscles is by feeling a _____.
- 14 Another exercise that builds the body's performance and provides better balance and stability.
- 15 The stretching that the _____ muscles work together when you are stretching.
- 17 One of the joint benefits of jumping jacks is that it helps maintain your _____ strength.

Physical Science Chapter 12 Crosswords Answers

Arturo Cuomo



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