Muscle Structure

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|  |  |  |  |  |  | 6  D | O | M | S |  | G |  | U |  |  | O |  |  |  |
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|  |  |  |  |  | 7  E | C | C | E | N | T | R | I | C |  |  | O |  |  |  |
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|  |  |  | 10  M | O | T | O | R | U | N | I | T |  | 11  A | T | P |  |  |  |  |
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| **Across**  **1.** increase in diameter of muscle fibers from forceful, repeated activity  **6.** stiffness and tenderness 12-48 hours after strenuous exercise  **7.** \_\_\_\_\_\_ CONTRACTION - a muscle lengthens while maintaining force and movement  **9.** \_\_\_\_\_\_\_ CONTRACTION - tension is generated but no movement occurs  **10.** one somatic motor neuron and the cells it stimulates  **11.** the form of energy used by all living things  **12.** essential for maintaining posture | **Down**  **2.** muscular rigidity beginning 3-4 hours after death  **3.** \_\_\_\_\_\_ CONTRACTION - a load is moved  **4.** \_\_\_\_\_\_ CONTRACTION - a muscle shortens to produce force and movement  **5.** inability to contract muscle after prolonged activity  **8.** the wasting away of muscles |