Muscle Structure

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|  |  |  |  |  |  | 1H |  Y |  P |  E |  R |  T |  R |  O |  P |  H |  Y |  |  |  |
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|  |  |  |  |  |  |  | 4C |  |  |  |  I |  | 5M |  |  |  S |  |  |  |
|  |  |  |  |  |  | 6D |  O |  M |  S |  |  G |  |  U |  |  |  O |  |  |  |
|  |  |  |  |  |  |  |  N |  |  |  |  O |  |  S |  |  |  T |  |  |  |
|  |  |  |  |  | 7E |  C |  C |  E |  N |  T |  R |  I |  C |  |  |  O |  |  |  |
|  |  |  |  | 8A |  |  |  E |  |  |  |  M |  |  L |  |  |  N |  |  |  |
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|  |  |  |  |  R |  |  |  T |  |  |  |  R |  |  F |  |  |  C |  |  |  |
|  |  |  | 10M |  O |  T |  O |  R |  U |  N |  I |  T |  | 11A |  T |  P |  |  |  |  |
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|  |  |  |  | 12M |  U |  S |  C |  L |  E |  T |  O |  N |  E |  |  |  |  |  |  |
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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 |