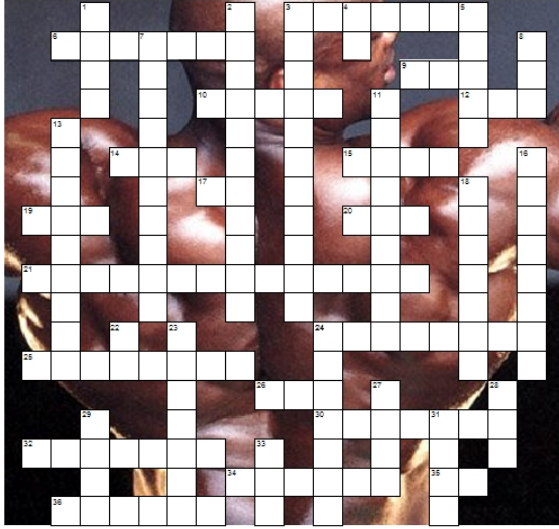


Designed By Coz

		Down	
		1. ____ twitch fibers 2. Connects muscles to the cardiovascular system 3. Creation of new muscle fibers is referred to as muscular ____ 4. Magnesium 5. ____ man or ____ set. 7. Surrounds each muscle fiber 8. Zinc, Magnesium and vit B6 11. An abundant "non-essential" amino acid	13. Palms facing up (grip on the bar) 16. Side abdominals 18. Hormone secreted by the islets of Langerhans 22. Iron 23. When you can't do another rep 24. Carbohydrate type 27. Bent over ____ 28. Spinal cord and brain (acronym) 29. Seeds or oil; good sources of omega 3's 31. Boiled, poached or sunnyside up 33. Electrically charged particle
		Across	
3. Bone of the upper arm 6. Knee cap 9. Muscle contraction requires the energy contained within this molecule (acronym) 10. IGF-1's place of synthesis 12. Good fat 14. Resting metabolic rate (acronym)	15. Popular bodybuilder's food from the sea 17. Sodium 19. Flexors on the anterior side of the Os Coxa 20. Saturated, monounsaturated, polyunsaturated...	21. Extends knee; stabilizes patella (2 words) 24. C4 H9 N3 O2 25. Glands that secrete cortisol 26. Everything but fat weight (acronym) 30. Essential for the repair and growth of muscle tissue	32. Mineral essential for bones and teeth 34. A calf muscle 35. Secreted by the hypothalamus (acronym) 36. Essential for respiration