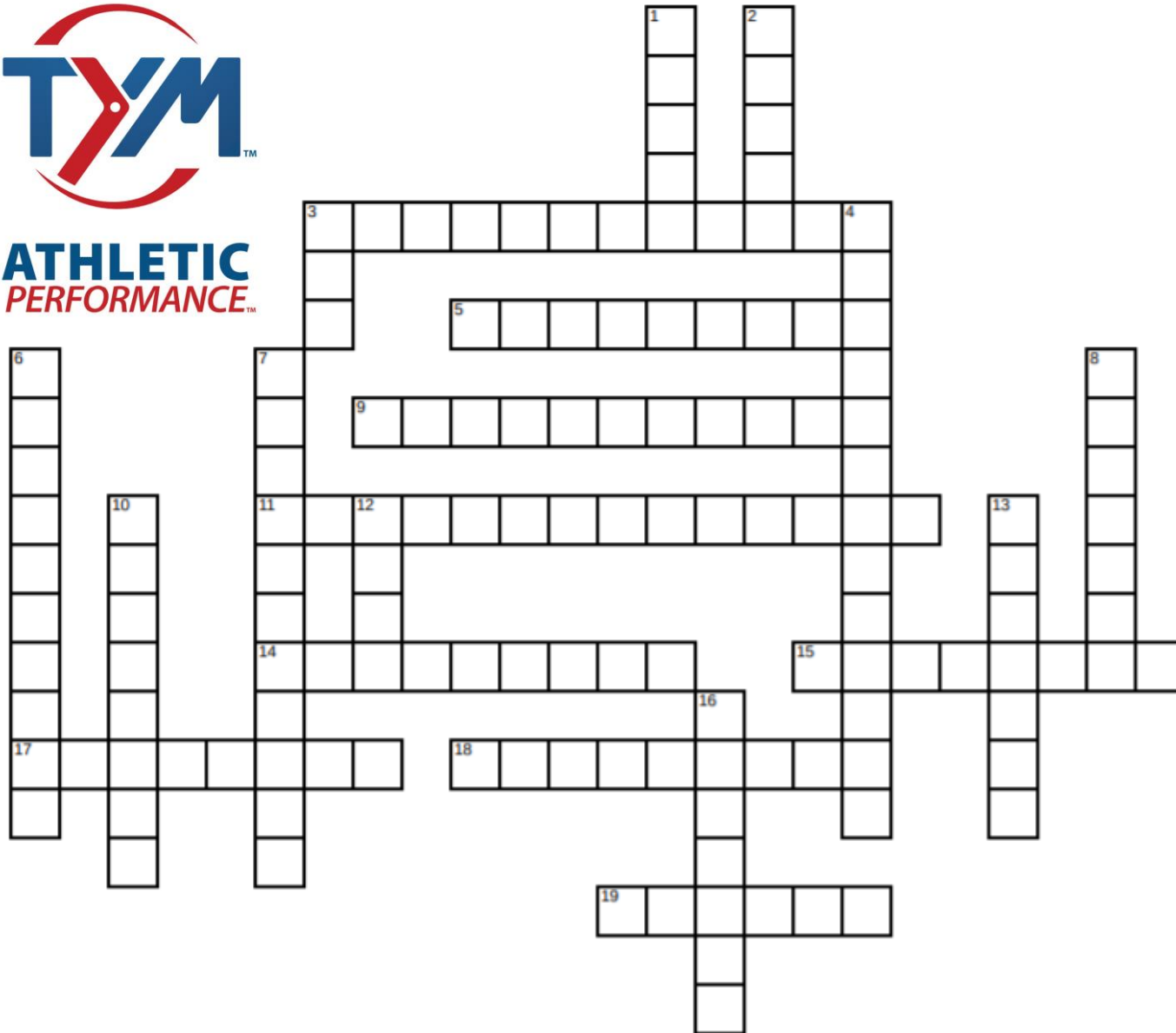


# MuscleTYM

Stay Sharp (BrainTYM) from your training partners TYM Performance!



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### Across

- 3 Site of aerobic metabolic in muscle cells
- 5 Contraction unit comprised of overlapping thick and thin filaments
- 9 Muscle fiber enlargement
- 11 Dr. WILDMAN's Sport Nutrition Brand
- 14 Key buffer in muscle cells (hint: Think Beta Alanine)
- 15 Stored carbohydrate
- 17 Critical, ATP regenerator in muscle cells during high-intensity muscle efforts
- 18 Oxygen binding protein in muscle cells
- 19 Thick filaments in muscle cells



### Down

- 1 Thin filaments in muscle
- 2 Work performed within a period of time
- 3 Production of proteins within muscle cells (abbreviation)
- 4 Neurotransmitter at neuromuscular junctions
- 6 Two word phase describing rapid production of force
- 7 Results in the shortening of activated muscle
- 8 Describes a involuntary reduction in muscle productivity
- 10 Period of time after training
- 12 Important cell signaling system that amplifies muscle protein production (abbreviation)
- 13 Refers to use of oxygen in energy (ATP) production systems
- 16 Strategic exercise session to promote specific performance benefits

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