abdominals
the muscles located in the abdomen
"The abdominals, which are located between the ribs and the pelvis, support upper body, facilitate movement and hold organs in place."

backbone
the row of small bones which run down the body
"As John was feeling tense, he had a massage of the muscles on sides of the backbone, which was very relaxing."

bicep
the muscle at the front of the upper arm used to pull things towards you
"The man pulled his shirt sleeve up, revealing a colorful tattoo on his bicep."

clavicle
a slender bone that forms the anterior part of a shoulder
"The collarbone, whose technical name is the clavicle, goes across the top of the chest, from the shoulder to the neck."

cranium
the bone which encloses the brain
"All vertebrates have a bony structure called cranium, which protects the brain."

deltoid
a large muscle located on the joint of the shoulder, responsible for raising the arm
"As the patient needed an intra-muscular injection, the paramedic inserted the thick needle into her deltoid muscle."

femur
a bone in the leg extending from the pelvis to the knee
"The joint between the femur and the tibia is called the knee joint."

fibula
the outer bone of the lower leg
"The tibia and the fibula are joined together at their top and bottom ends."
gastrocnemius
the largest calf muscle whose role is to extend the foot and raise the heel
"The gastrocnemius is involved in both fast actions of the leg, for example running and jumping, as well as slower activities such as walking and standing."

glutes
large muscles in the buttocks
"Glutes’ are most powerfully used when we return to the erect position after stooping down."

humerus
the long bone in the arm running down from the shoulder to the elbow
"The humerus, which consists of three sections, connects the scapula with the bones of the lower arm."

mandible
the bone of the lower jaw
"The mandible is the largest and the strongest bone in the human face."

muscular system
the term for all the muscles of the body collectively
"The muscular system’s functions include the body movement, posture maintenance and blood circulation."

pelvis
the bones below the abdomen that support the lower back and are connected to the bones of the leg
"Recently there have been significant successes in operations for dislocation and fracture of the pelvis."

radius
the bone in the forearm located on the side of the thumb
"There are two bones in the forearm, the straighter and more slender one being the radius."

rib cage
an enclosure formed by the ribs, which curve around the chest to protect the lungs and heart
"The rib cage in humans consists of 24 ribs."

scapula
a flat triangular bone that forms the back of a shoulder
"Scapula connects the upper arm bone with the collar bone, namely the humerus with the clavicle."

skeletal system
also called skeleton, is the system of bones and connective tissues, whose main role is to support tissues and internal organs as well as to protect them
"There are four main types of skeletal systems: exoskeleton, endoskeleton, hydroskeleton and cytoskeleton."
soleus
   a calf muscle located behind the gastrocnemius, which helps extend the foot forward
   "Soleus is a powerful muscle that runs from the knee to the heel."

tendon
   fibrous tissue that connects muscles to bones
   "The largest and strongest tendon in the human body is the Achilles tendon, which connects the heel bone to the muscles of the calf."

tibia
   the inner bone of the lower leg
   "Tibia, which connects the knee with ankle bones, is commonly called the shinbone."

trapezius
   a wide, flat muscle that covers most of the upper back and neck and is used to move the shoulder and head
   "Trapezius is a superficial muscle, which means it is located on the outer side of the body."

ulna
   the bone in the forearm on the side that is opposite to the thumb
   "The ulna is situated on the same side of the arm as the little finger."

vertebra
   any of the bony segments that compose the backbone
   "The autopsy of the victim revealed that the death had been caused by a severe injury of the fourth cervical vertebra."