Unit 7 — Anatomy



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Abdominals

muscles located in the lower front of the torso that help with breathing, spine support, and movement

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

Backbone

a casual term for the spine

"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."

Thank you for your interest!

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