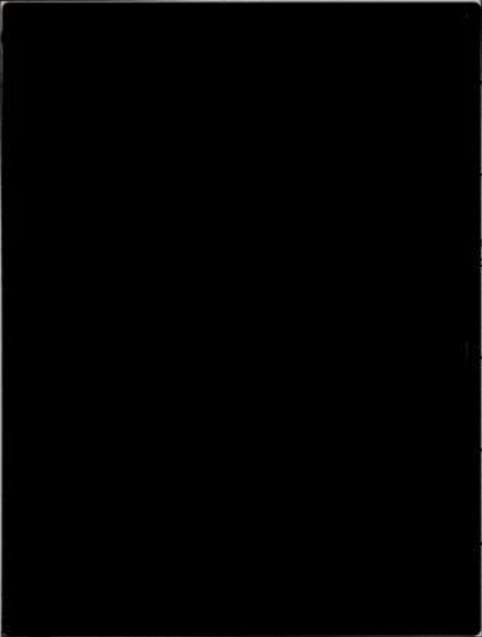


| Muscles of the Trunk                                                              | Location and Type of Movement (Primary Movements Only)                                                              |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
|  | Internal muscle that is prime mover for inhalation                                                                  |
|                                                                                   | Muscle that elevates (lifts) ribs that assists inhalation; increases size of thoracic cavity                        |
|                                                                                   | Muscle that depresses and retracts ribs for forced expiration; decreases size of thoracic cavity                    |
|                                                                                   | Flexes waist as in sit-ups; compresses abdominal viscera for urination, defecation, childbirth, and vomiting        |
|                                                                                   | Most superficial muscle located on lateral abdomen; produces twisting at the waist and compresses abdominal viscera |
|                                                                                   | Middle muscle layer on lateral abdomen; produces twisting at the waist and compresses abdominal viscera             |
|                                                                                   | Deepest muscle layer on lateral abdomen; compresses abdominal viscera                                               |