PURPLEZONE

muscles	volume	out	inhalation	flatter
up	into	contracts	lower	increase

Inhalation and exhalation

_____ is breathing in. This happens when the **diaphragm** _____ and becomes _____ and the **intercostal** _____ **contract** moving the ribs _____ **and** _____. Both these movements _____ the **volume** inside the lungs.

This change in the _____ inside the lungs makes the **pressure** inside _____ compared to the **pressure** outside which makes air rush _____ the lungs.