

**BONES AND MUSCLES:**

<https://youtu.be/ghpmVXSUfWs>

→ **Bones** (in the video): skull, spinal cord, humerus, ribs, femur, jawbone (mandible), vertebrae (spine), clavicle, shoulder blade, ulna, radius, sternum, pelvis, kneecap (patella), tibia and fibula

→ **Muscles** (in the video): biceps, pectorals, abs (abdominals), masseter, deltoids, quadriceps, trapezius, triceps, glutes (gluteal muscles) and calves

*Please, send me your pictures about bones and muscles by mail:*

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