

external obliques *(ex-ter-nal-o-bliques)*

Definition

n. The outermost muscles of the abdominal wall, located on each side of the body, responsible for rotating the trunk and pulling the chest downwards.

Example Sentence

She strengthened her **external obliques** through regular core workouts.

More Example Sentences

The **external obliques** play a crucial role in twisting movements.

Synonyms

side muscles; oblique muscles; lateral muscles

Antonyms

internal obliques; rectus abdominis; transverse abdominis

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