

# internal obliques *(in-ter-nal-o-bliques)*

## Definition

n. A pair of muscles located on each side of the abdomen beneath the external obliques, which help in movements such as twisting the torso and bending sideways.

## Example Sentence

The **internal obliques** play a crucial role in stabilizing the core during physical activities.

## More Example Sentences

Strengthening the **internal obliques** can improve overall posture and balance.

## Synonyms

abdominal muscles; lateral muscles; core muscles

## Antonyms

external obliques; rectus abdominis; transverse abdominis

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