

Spelling list: Chloe

Muscular system

neck The bird has a ruff of feathers round its **neck** .

chest I could feel my heart beat inside my **chest** .

biceps The man's **biceps** kept getting bigger due to doing weight training.

ABS

Shoulders The boy shrugged his **shoulders** .

forearms

thighs

calves Young elephants are called **calves** .

back Wait here until I get **back** .

triceps The personal trainer said that John's **triceps** needed a workout.

glutes