**Mechanisms of Breathing**

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|  | **Inspiration** | **Expiration** |
| **Diaphragm**  (Contracts/Relaxes)  (Moves Downwards/Upwards) |  |  |
| **External Intercostal Muscles** (Contracts/Relaxes)  (Moves Upwards and Out/Inwards and Down) |  |  |
| **Thoracic Volume** |  |  |
| **Pressure Inside Lungs** |  |  |
| **Direction of Airflow** |  |  |

**Diagram:**