

DELTOID

Meaning: Deltoid refers to the triangular-shaped muscle located on the upper arm and shoulder, responsible for arm movement and stability.

1. The deltoid muscle is crucial for shoulder mobility and strength.
2. During my workout, I could really feel the burn in my deltoid as I lifted the weights.
3. In anatomy class, we studied the structure and function of the deltoid in detail.
4. A strong deltoid can help improve overall upper body performance in sports.
5. Physical therapists often focus on strengthening the deltoid after shoulder injuries.

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