

Describe a first class lever. What muscle group and bone falls into this category?

A first class lever is one where the fulcrum is between the force and the resistance. One of the only examples in our body is the atlas bone (fulcrum) and the muscles of the back and neck (force), which keep our head (resistance) up.

Why are third class levers preferred in nature?

Because they sacrifice strength for speed, they are very useful for most muscle groups in our body, and, in fact, for every creature.