



Movie 1. Synchrony of a same-segment spiracular pair. Spiracles from same-segment pair 5 are shown opening and closing in synchrony in an adult female cockroach. The video on the right displays segments of ventral (top of video) and dorsal (bottom of video) cuticle movements associated with abdominal contractions. Videos were recorded as 640×480 pixel grayscale images at 15 frames s^{-1} . The camera fields of view are $\sim 0.75 \times 1 \text{ mm}$ (left) and $1.5 \times 2 \text{ mm}$ (right).