

voluntary muscle *(vol-un-tar-y-mus-cle)*

Definition

n. Muscle whose action is normally controlled by an individual's will; mainly skeletal muscle, which is attached to bones and helps in movement.

Example Sentence

During exercise, voluntary muscles are actively engaged to perform various movements.

More Example Sentences

The athlete's strong voluntary muscles enable her to run swiftly and jump high.

Synonyms

skeletal muscle; striated muscle; controllable muscle

Antonyms

involuntary muscle; smooth muscle; cardiac muscle

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