

# 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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