**Muscular Vocabulary Words #1**

1. Bicep - muscle at the front of the upper arm

2. Cardiac muscle - type of muscle in the heart

3. Contract - to draw together

4. Endurance - ability or strength to continue or last without becoming tired

5. Exertion - activity of using your muscles in various ways to keep fit

6. Extend - to increase in length

7. Flex - to bend

8. Involuntary - muscle controlled without thinking about it (pumping heart)

9. Ligaments - tissues that connect bones, hold organs in place

10. Muscles - tissues that cause motion in the body when contracted

11. Musculoskeletal -muscular and skeletal systems

12. Resistance -Exercise that involves working your muscles against free weights or your

body's own weight (walking, running, push ups)

13. Skeletal muscle -muscle connected at either end with a bone

14. Smooth muscle -found in the walls of internal organs, blood vessels, hair follicles

15. Tendons -connects muscle to bone

16. Tricep - muscle located at the back of the upper arm

17. Voluntary -muscle whose action is controlled by the person (example: lifting an arm)