

# What Muscles Are Being Used?

Scenario	Action	Muscle	Voluntary or Involuntary?
1			
2			
3			
4			
5			
6			

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Card	Action	Muscle	Voluntary or Involuntary?
1	<i>Running</i>	<i>Quadricep</i>	<i>Voluntary</i>
2	<i>Eating</i>	<i>Abdominal</i>	<i>Involuntary</i>
3	<i>Lifting</i>	<i>Deltoid</i>	<i>Voluntary</i>
4	<i>Pumping Blood</i>	<i>Cardiac</i>	<i>Involuntary</i>
5	<i>Writing</i>	<i>Skeletal</i>	<i>Voluntary</i>
6	<i>High kicks</i>	<i>Quadricep</i>	<i>Voluntary</i>