

Types of Muscle

Body & health

Three muscle tissues, and which of them you consciously control.

Distinguished by structure and by control.

Type	Where	Control
Skeletal	Attached to bone	Voluntary
Cardiac	The heart only	Involuntary, self-triggering
Smooth	Gut, vessels, airways	Involuntary

Cardiac muscle generates its own rhythm. A heart continues beating briefly outside the body for this reason.