

muscle[ˈmʌs(ə)] *n*

- 1) мышца, мускул
not to move a muscle - не шевелиться
- 2) *собир.* мускулы
- 3) сила
to have muscle - быть сильным
man of muscle - силач
put some muscle into your work - работай поусердней, не жалея сил

muscle

Oxford Advanced Learners Dictionary 8th Ed.

muscle [muscle muscles muscled muscling] *noun, verb* BrE ['mʌsl] ¹ NAmE['mʌsl] ¹*noun*

1. **countable, uncountable** a piece of body [↑]tissue that you contract and relax in order to move a particular part of the body; the [↑]tissue that forms the **muscles** of the body
 - a **calf/neck/thigh muscle**
 - to **pull/tear/strain a muscle**
 - This exercise will work the muscles of the lower back.
 - She tried to relax her tense muscles.
 - He felt every muscle in his body tighten.
 - He **didn't move a muscle** (= stood completely still) .
 2. **uncountable** physical strength
 - He's an intelligent player but lacks the muscle of older competitors.
 3. **uncountable** the power and influence to make others do what you want
 - to exercise **political/industrial/financial muscle**
- see** flex your muscles **at** [↑]flex *v.*

Word Origin:

late Middle English: from French, from Latin **musculus**, diminutive of **mus** 'mouse' (some muscles being thought to be mouse-like in form).

Collocations:**Injuries***Being injured*

- have** a fall/an injury
receive/suffer/sustain a serious injury/a hairline fracture (*especially BrE*) whiplash/a gunshot wound
hurt/injure your ankle/back/leg
damage the brain/an ankle ligament/your liver/the optic nerve/the skin
pull/strain/tear a hamstring/ligament/muscle/tendon
sprain/twist your ankle/wrist
break a bone/your collarbone/your leg/three ribs
fracture/crack your skull
break/chip/knock out/lose a tooth
burst/perforate your eardrum
dislocate your finger/hip/jaw/shoulder
bruise/cut/graze your arm/knee/shoulder
burn/scald yourself/your tongue
bang/bump/hit/ (informal) bash your elbow/head/knee (on/against sth)

Treating injuries

- treat sb for** burns/a head injury/a stab wound
examine/clean/dress/bandage/treat a bullet wound
repair a damaged/torn ligament/tendon/cartilage
amputate/cut off an arm/a finger/a foot/a leg/a limb
put on/ (formal) apply/take off (especially NAmE) a Band-Aid™/(*BrE*) a plaster/a bandage
need/require/put in/ (especially BrE) have (out)/ (NAmE) get (out) stitches
put on/rub on/ (formal) apply cream/ointment/lotion
have/receive/undergo (BrE) physiotherapy/(NAmE) physical therapy

Example Bank:

- His muscles rippled beneath his T-shirt as he worked.
- I laughed so hard I almost pulled a muscle.
- I walked up and down the aisle to stretch my cramped muscles.
- Learn how to relax tense muscles.
- Lifting weights sculpts muscle.
- Suddenly my sore muscles protested and I let out a groan.
- The muscles in my face tensed.
- diet supplements to build muscle
- the muscles controlling speech production

- He's an intelligent player but lacks the muscle of older competitors.
- I exerted every ounce of my miserable muscle power.
- to exercise political/industrial/financial muscle

Derived Word ↑muscləd

Derived ↑muscle in

verb

Verb forms:

verb forms	
present simple	
I / you / we / they	muscle
	BrE / 'mʌsl/
	NAme / 'mʌsl/
he / she / it	muscles
	BrE / 'mʌslz/
	NAme / 'mʌslz/
past simple, past participle	muscləd
	BrE / 'mʌslɪd/
	NAme / 'mʌslɪd/
-ing form	musclɪŋ
	BrE / 'mʌslɪŋ/
	NAme / 'mʌslɪŋ/

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muscle

Longman DOCE 5th Ed. (En-En)

I. **muscle**¹ **S2 W3** /'mʌsəl/ BrE ^ˈ AmE ^ˈ noun

[Date: 1300-1400; Language: French; Origin: Latin musculus 'little mouse, muscle, mussel', from mus 'mouse'; because a muscle moving looks like a mouse under the skin]

1. **[uncountable and countable]** one of the pieces of flesh inside your body that you use in order to move, and that connect your bones together:

- Relax your stomach muscles, then stretch again.
- Regular exercise will help to strengthen your muscles.
- Rooney has pulled a muscle in his thigh and won't play tomorrow.

2. **not move a muscle** to stay completely still:

- The soldier stood without moving a muscle.

3. **[uncountable]** power or influence

military/economic/political etc muscle

- The unions have a lot of political muscle.
- The agreement will give the UN some muscle to enforce human rights.

4. **[uncountable]** physical strength and power:

- It took muscle to work in an old-fashioned kitchen.

put some muscle into it (=used to tell someone to work harder)

⇒ **flex your muscles** at ↑flex¹(2)

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COLLOCATIONS

■ adjectives

- **big muscles** He's developed big arm muscles.
- **hard muscles** (=strong, firm muscles) the hard muscles of his back and shoulders
- **arm/leg/stomach etc muscles** Her leg muscles ached after the run.
- **rippling muscles** (=muscles that move in a strong attractive way) The sight of his rippling muscles sends women wild.

■ verbs

- **use your muscles** Bend your knees and use your thigh muscles when picking up heavy objects.
- **strengthen/build up your muscles** (=make them stronger) If you strengthen the muscles in your back you are less likely to have back problems.
- **pull/strain a muscle** (=injure it) He pulled a muscle in his calf.
- **stretch your muscles** It's a good idea to stretch your muscles after weight lifting.
- **flex your muscles** (=bend your arm muscles so that people can see how strong you are) He was lifting weights and flexing his muscles.
- **relax your muscles** (=make them feel less tight) A hot bath will help relax sore muscles.
- **tense/tighten your muscles** (=make them more tight) He tensed his stomach muscles, ready for the blow.
- **your muscles contract** (=tighten so that you can move a part of your body) These nerves tell the muscles when to contract.
- **your muscles ache** (=hurt after being exercised too much) I ran until my muscles ached.

■ muscle + NOUN

- **muscle strength/power** This exercise will help increase muscle strength.
- **muscle tone** (=the firmness of your muscles) Swimming is good exercise for improving muscle tone.
- **a muscle spasm** (=when your muscles tighten suddenly) The drug helps control painful muscle spasms.
- **muscle tissue** (=the substance that muscles are made from) If you lose weight too quickly you will lose muscle tissue as

well as fat.

II. **muscle**² *BrE* " *AmE* " *verb*

muscle your way into/through etc something to use your strength to go somewhere:

" Joe and Tony muscled their way through the crowd.

muscle in *phrasal verb*

to use your power to get involved in or take control of something that someone else was doing, especially in business – used to show disapproval

muscle in on

" Banks are muscling in on the insurance business.

muscle

Freakuency Pack

12500 **2330**^{MCW}

15000 **1711**^{COCA}

RANGE: **2k** **MUSCLE** 22681

muscle 11787

muscles 10894

COCA 500k Unlemmatized

6050 **3508**¹¹⁷⁶⁵ *nn1*

8 **294004**⁸ *nnu*

4 **305782**⁸ *np1*

6 **342349**⁶ *jj*
