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Fast-Twitch Muscle Fiber

National Cancer Institute

Source

National Cancer Institute. *Fast-Twitch Muscle Fiber*. NCI Thesaurus. Code C12613.

A large-diameter skeletal muscle fiber that uses glycogen reserves rather than oxygen-rich blood for quick energy and a more rapid production of force. Fast twitch muscle fibers have a low oxidative capacity and can produce ATP without the need for oxygen, resulting in a higher activation threshold and a higher velocity signal conduction.