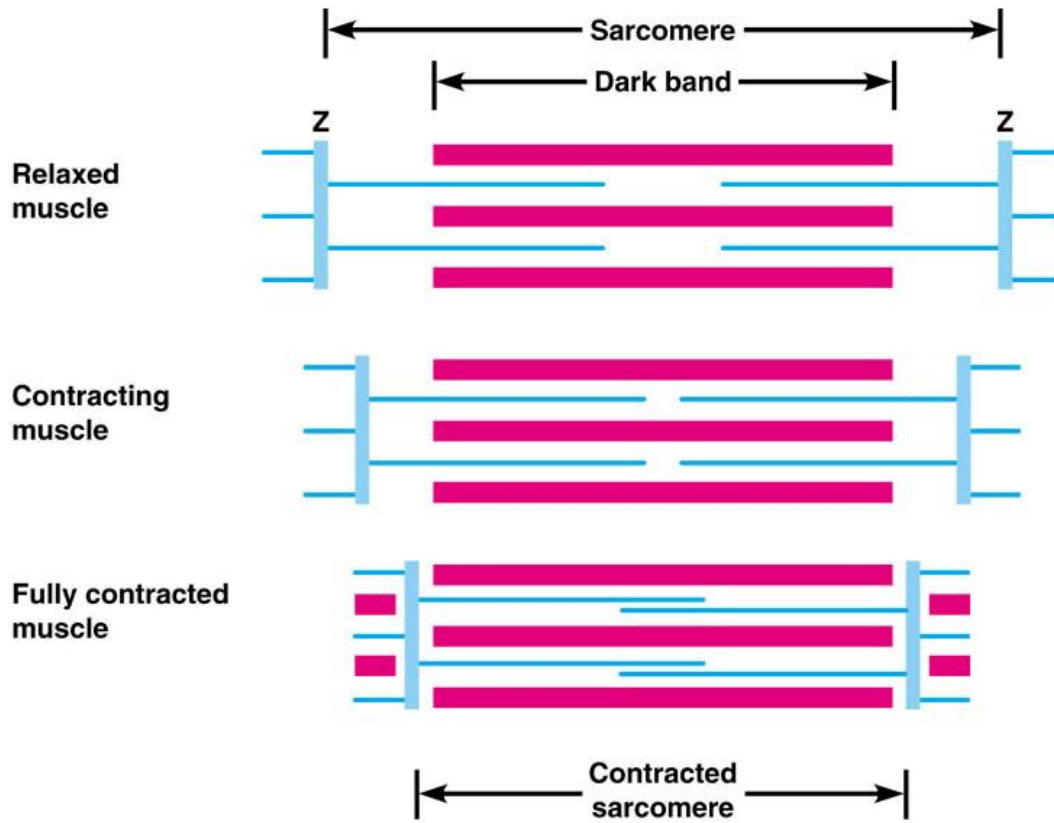
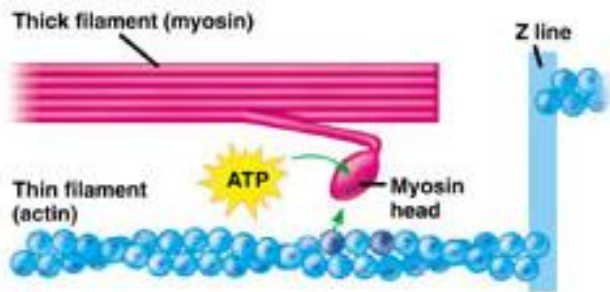


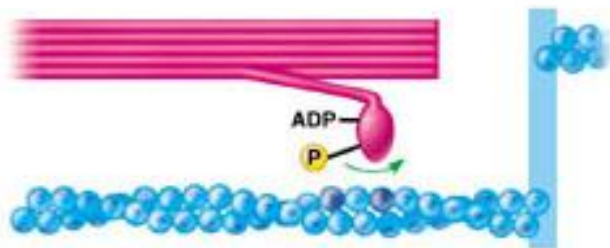
Sarcomere Structure



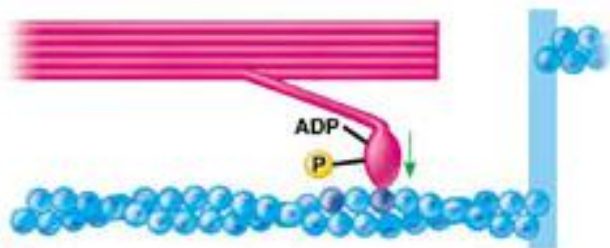
Sliding Filament Theory



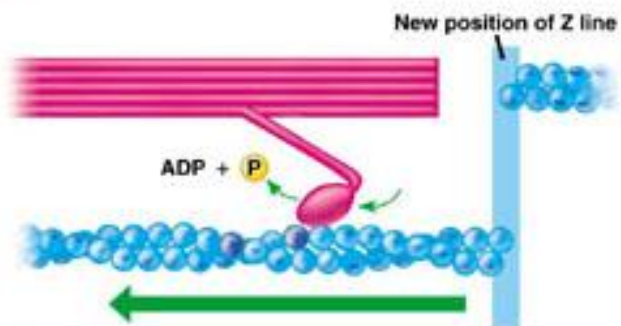
- 1 ATP binds to a myosin head, which is released from an actin filament.



- 2 Hydrolysis of ATP extends the myosin head.



- 3 The myosin head attaches to an actin binding site.



- 4 The power stroke slides the actin (thin) filament toward the center of the sarcomere.