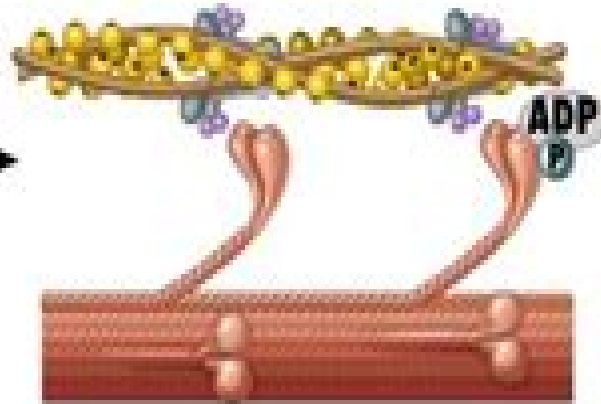


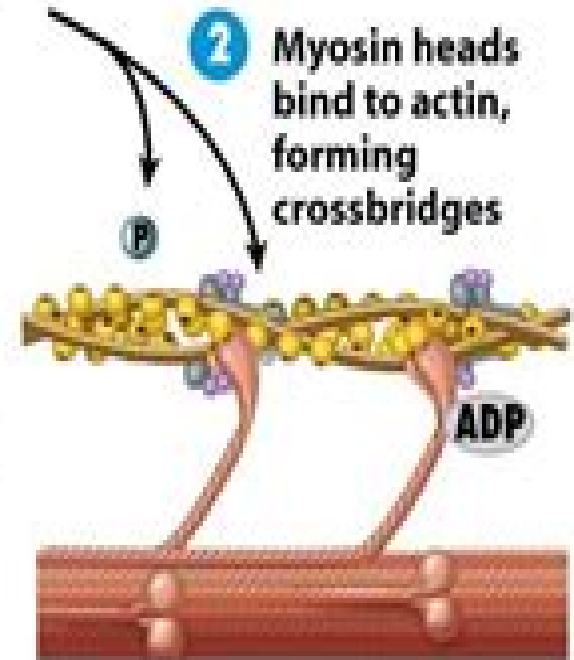
Key:

● = Ca^{2+}

- 1** Myosin heads hydrolyze ATP and become reoriented and energized



- 2** Myosin heads bind to actin, forming crossbridges

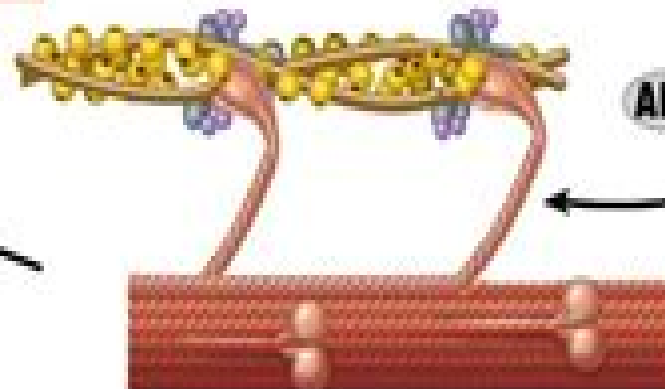


Contraction cycle continues if ATP is available and Ca^{2+} level in the sarcoplasm is high

- 4** As myosin heads bind ATP, the crossbridges detach from actin



- 3** Myosin crossbridges rotate toward center of the sarcomere (power stroke)



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Gold's Gym

The Gold's Gym logo, which consists of a red, stylized, semi-circular shape with a gradient, resembling a stylized 'G' or a drop.

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