



# Antagonistic Pairs

- 1
- 2
- 3
- 4
- 5

Ligaments



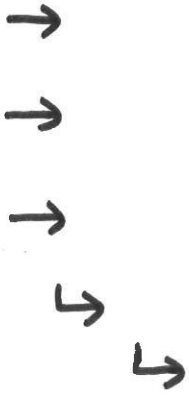
Tendons





# Skeletal / Voluntary Muscle

1 2 3 4 5





# Sliding Filament Theory

1 2 3 4 5

Relaxed Muscle



Contracting Muscle





# Sarcomere Contraction

- 1
- 2
- 3
- 4
- 5

Relaxed Sarcomere

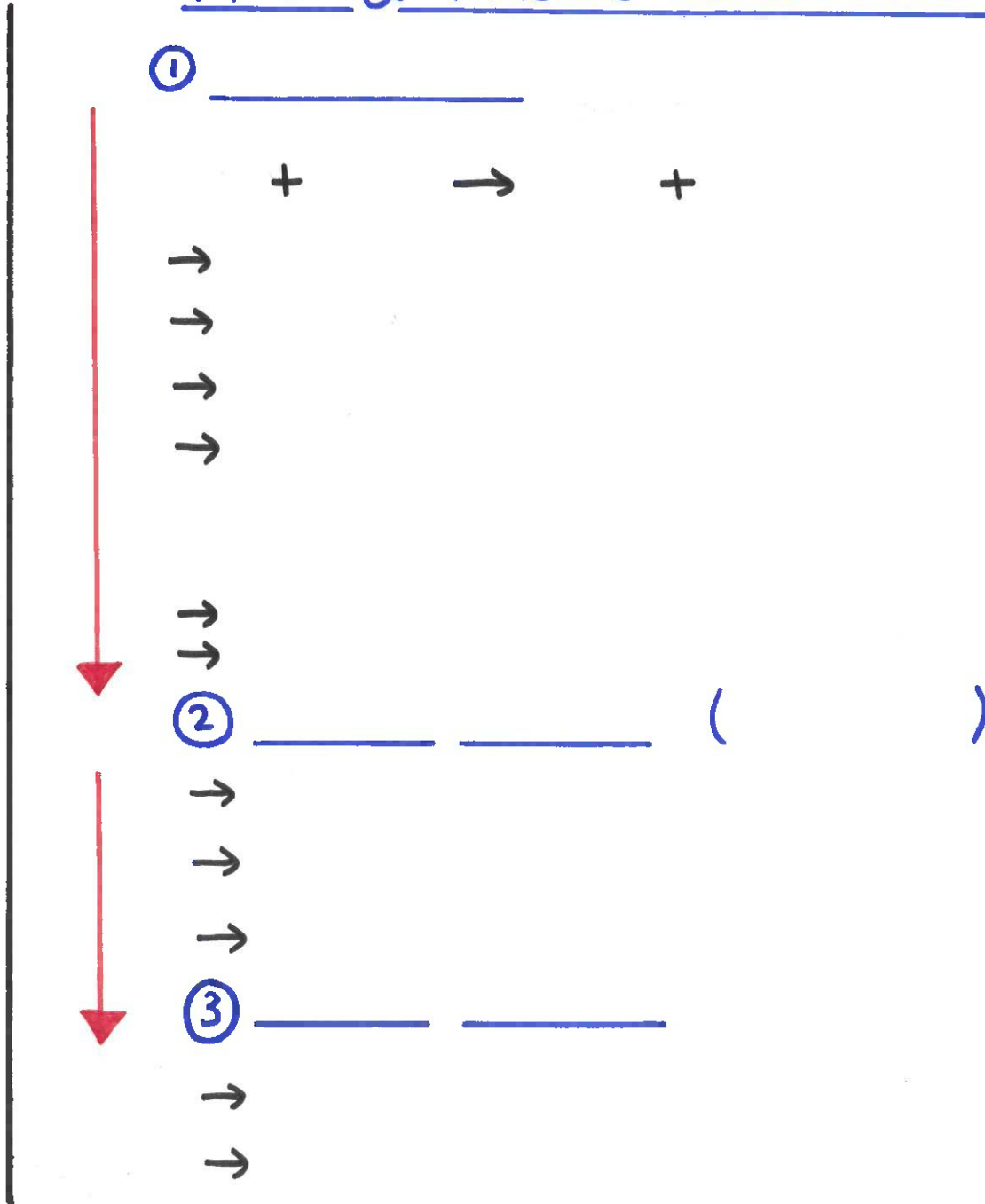
Contracted Sarcomere

When a Sarcomere Contracts...





# ATP & Muscle Contraction



1)  
2)  
e.g.



# Fast & Slow Twitch Muscle Fibres

