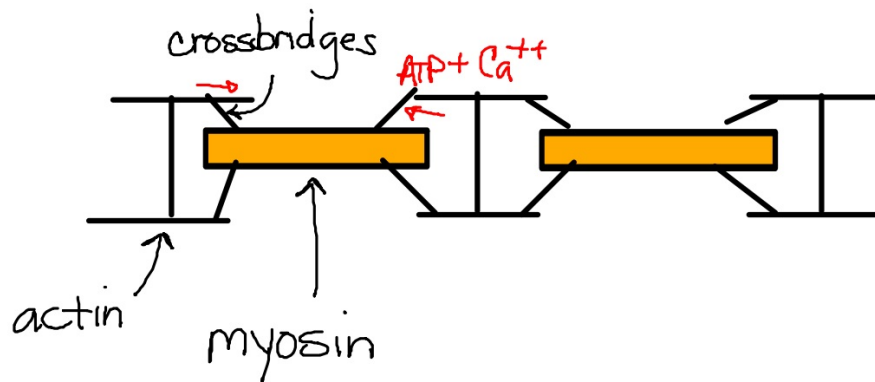


## Warm-up

**Label the following & Describe the Sliding Filament Theory:**



- 1)  $Ca^{++}$  binds to actin - opens up binding sites for crossbridges
- 2) Crossbridges grab actin's, pull towards center; actin slides over myosin
- 3) ATP energizes crossbridge