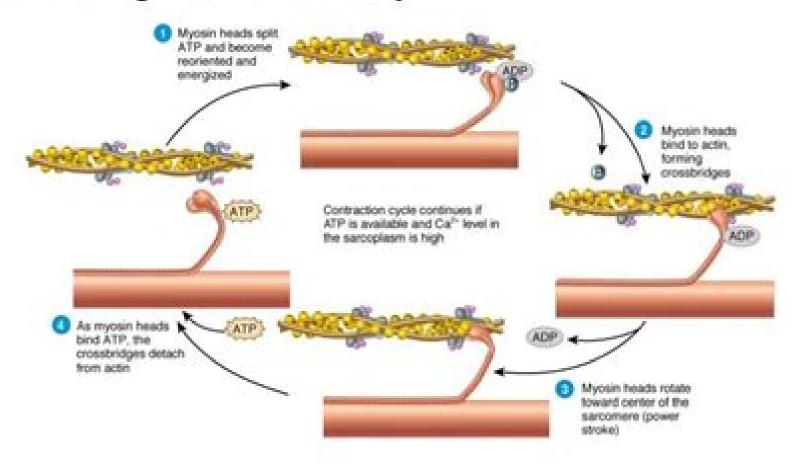
# Steps of a Muscle Contraction

## Sliding filament theory



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