This pulls the Actin filaments closer together and Shortens the muscle.

Nerve impulse sent. Release of Calcium ions causes Myosin filaments to grab the Actin filaments.

ATP energy is used to bend the Myosin filament heads inward.

This pulls the Actin filaments closer together and Shortens the muscle.

More ATP energy is used to separate the Actin and Myosin filaments and the whole process repeats.