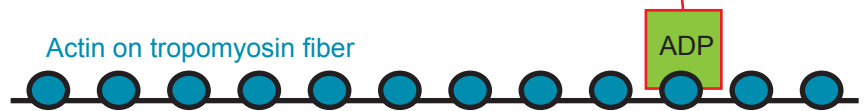


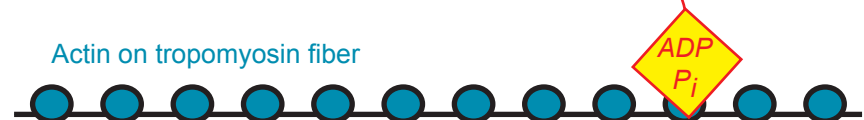
Myosin-ADP tightly bound to actin



Displacement of bound ADP by ATP: conformational change in myosin; myosin-ATP now loosely bound to actin



Hydrolysis of ATP to ADP + phosphate: further conformational change in myosin



Release of phosphate: the power stroke; myosin fibers slide over each other, contracting the muscle; myosin-ADP again tightly bound to actin

