Watch the animations below.

<http://www.youtube.com/watch?v=EdHzKYDxrKc&list=PL2DAD5D40CD54D80D>

<http://highered.mcgraw-hill.com/sites/0072495855/student_view0/chapter10/animation__myofilament_contraction.html>

<http://www.youtube.com/watch?v=CepeYFvqmk4>

<http://www.youtube.com/watch?v=Vlchs4omFDM&list=PL2DAD5D40CD54D80D>

<http://www.youtube.com/watch?v=zQocsLRm7_A>