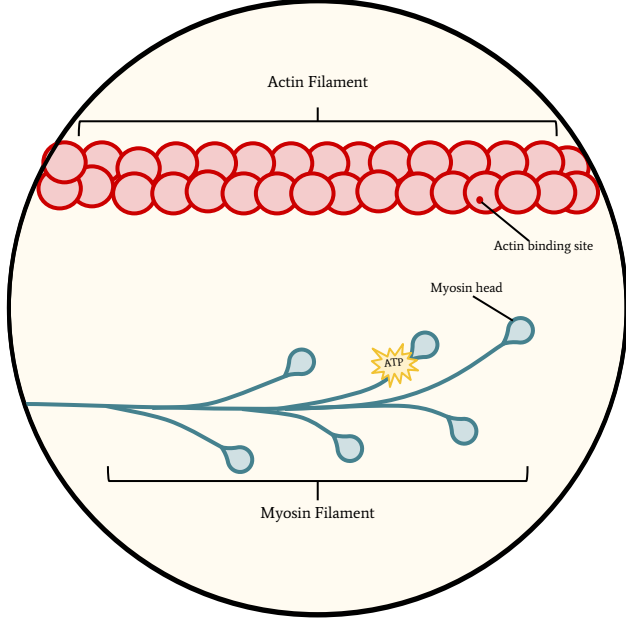
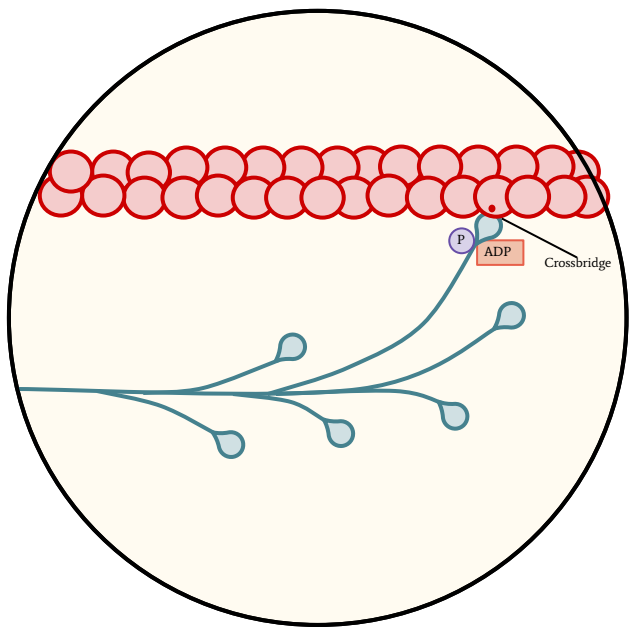
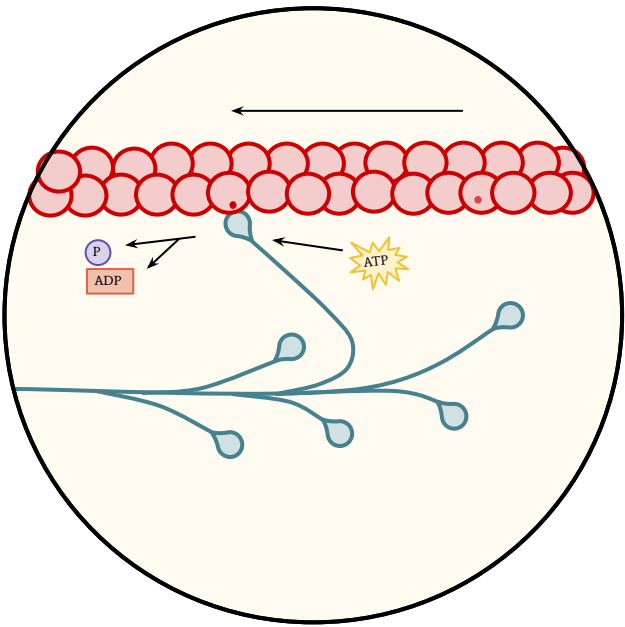


Once the Powerstroke action is performed, the myosin head will only release from actin when ATP binds to it. This allows the myosin to either go through the cycle again and perform another contraction, or let the muscle relax.



ATP hydrolyzes to make ADP and Inorganic Phosphate, allowing for a crossbridge to be formed between a myosin head and the binding site of actin.



Formation of a crossbridge triggers the Powerstroke action which will release ADP and Inorganic Phosphate. This action causes myosin to pull the actin filament towards the M-line, shortening the sarcomere.