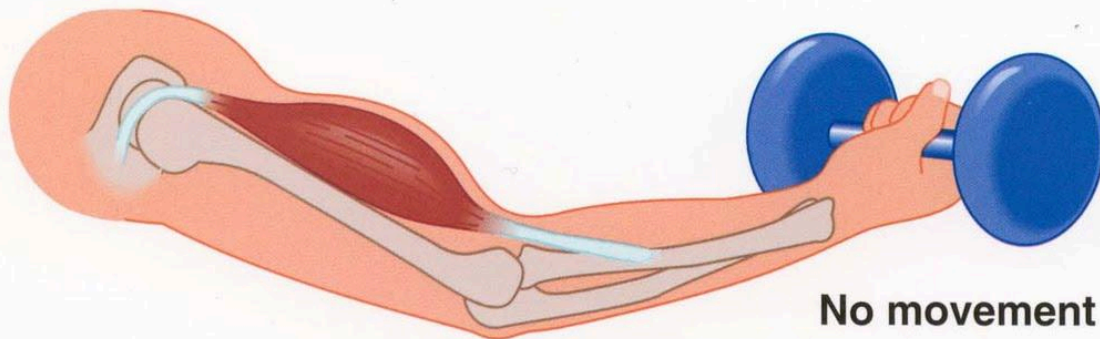


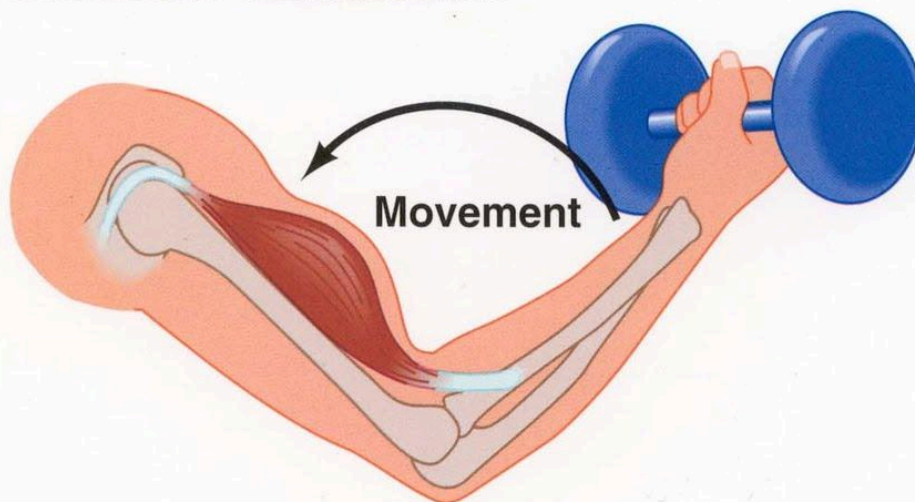
Isometric contraction

Muscle contracts
but does not shorten



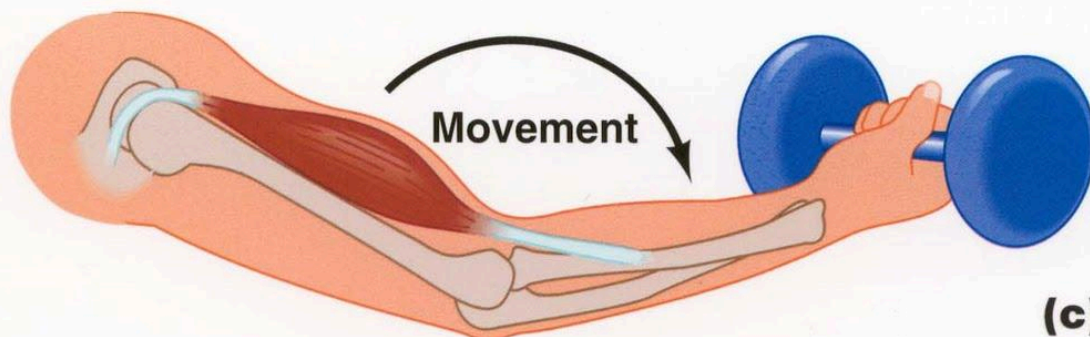
(a)

Concentric contraction



(b)

Eccentric contraction



(c)