- I-Band: the region containing the Actin filaments (light)
- 1 Sarcomere = 1 complete A-Band, and half of each of the two I-Bands located on each side

The cross bridge cycle:
- ATP binds to the myosin head and is hydrolysed to ADP&P (the cocked gun)
- Calcium allows the activation of the binding sites on the actin; this allows the energised myosin to bind with the actin (the cross bridge)
- Energy available on the myosin head is released causing a positional change (power stroke)
- The release of the ADP&P allows another molecule of ATP to bind to the myosin ATPase site; this causes dissociation of the cross bridge
- The ATP is then hydrolysed to ADP&P, and the cross bridge cycle is able to recommence