**Metaphase**

2. **Metaphase** The condensed chromosomes line up along the equator. Spindle fibers link the chromatids of each chromosome to opposite poles.

Stage 3 **Anaphase**

- Anaphase has 2 steps:
  1. Once all of the chromosomes are lined up, the spindle fibers shorten.
  2. Sister chromatids move toward opposite poles as the spindle fibers that are attached continue to shorten.
  3. Each pole now has a full set of chromosomes.

3. **Anaphase** As the spindle fibers shorten, the chromatids are pulled toward opposite poles of the cell.