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Chronic overload → muscle hypertrophy Strength training Immobilization → increase muscle mass → atrophy increased strength

Endurance training \rightarrow increase efficiency O₂ fatigue resistence

Each at expense of the other

Functional Properties of Muscle as Part of a Lever System









Functional Properties of Muscles in Sequence

Electromyography











Muscle Differentiation

1) Change in direction (external obliques, etc)

Muscle Differentiation

Change in direction (external obliques, etc)
Migration of muscle primordia





Muscle Differentiation

- 1) Change in direction
- 2) Migration of muscle primordia
- 3) Fusion





Muscle Differentiation

- 1) Change in direction
- 2) Migration of muscle primordia
- 3) Fusion
- 4) Splitting





