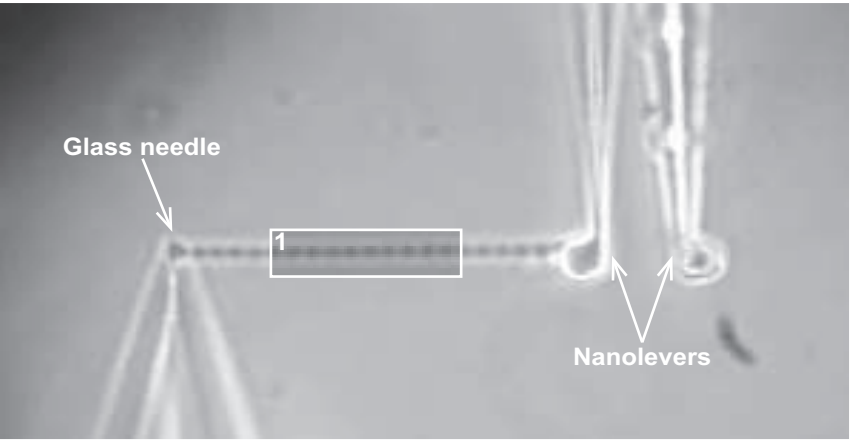
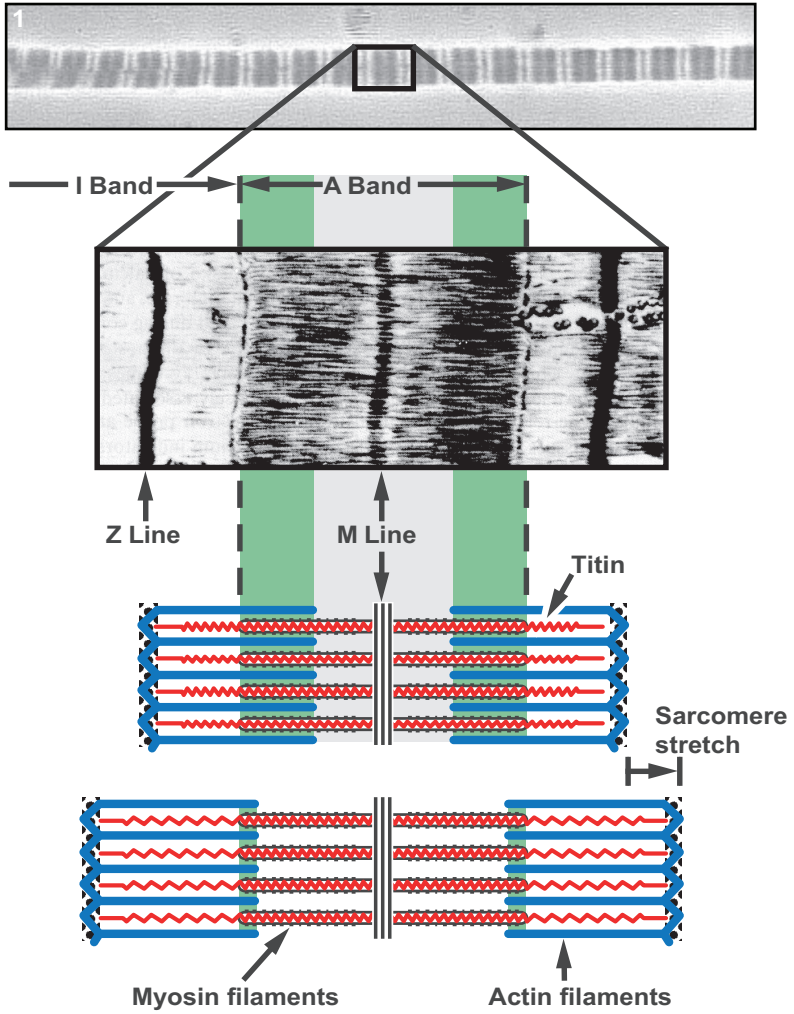
A.


Glass needle
1
Nanolevers

B.


1
I Band
A Band
Z Line
M Line
Titin
Sarcomere stretch
Myosin filaments
Actin filaments