

The active site on actin is exposed as Ca^{2+} binds troponin The myosin head forms a cross-bridge with actin During the power stroke, the myosin head bends, and ADP and phosphate are released A new molecule of ATP attaches to the myosin head, causing the cross-bridge to detach ATP hydrolyzes to .ADP and phosphate, which returns the myosin to the "cocked" position