

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.