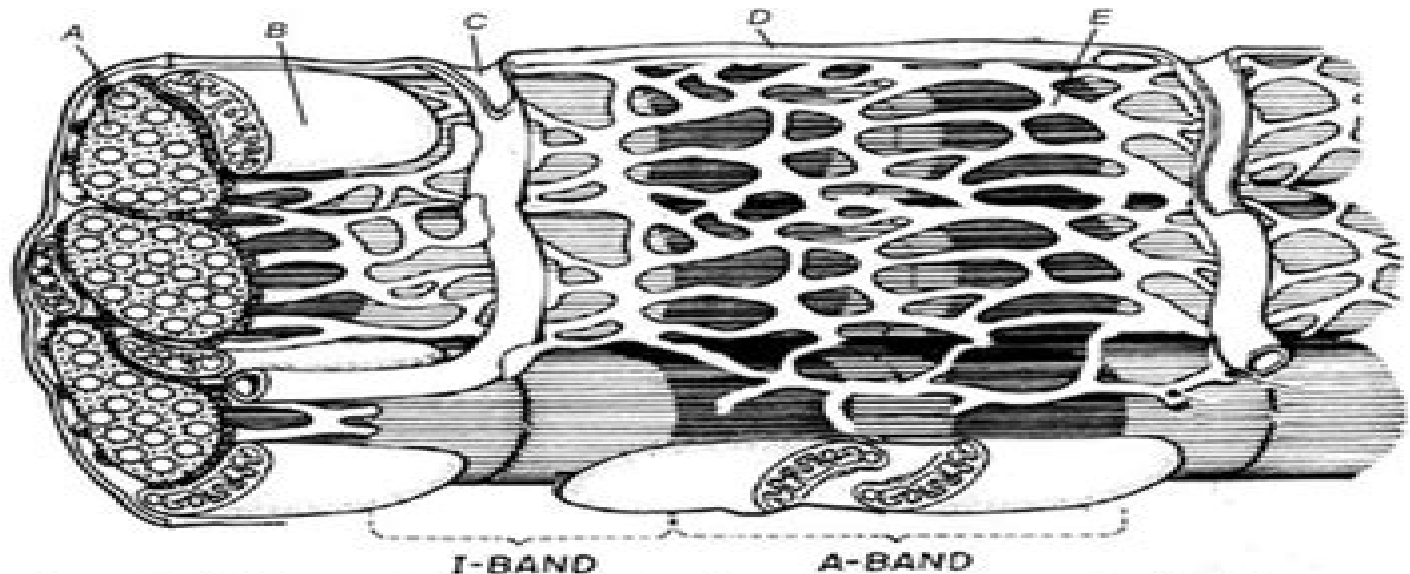


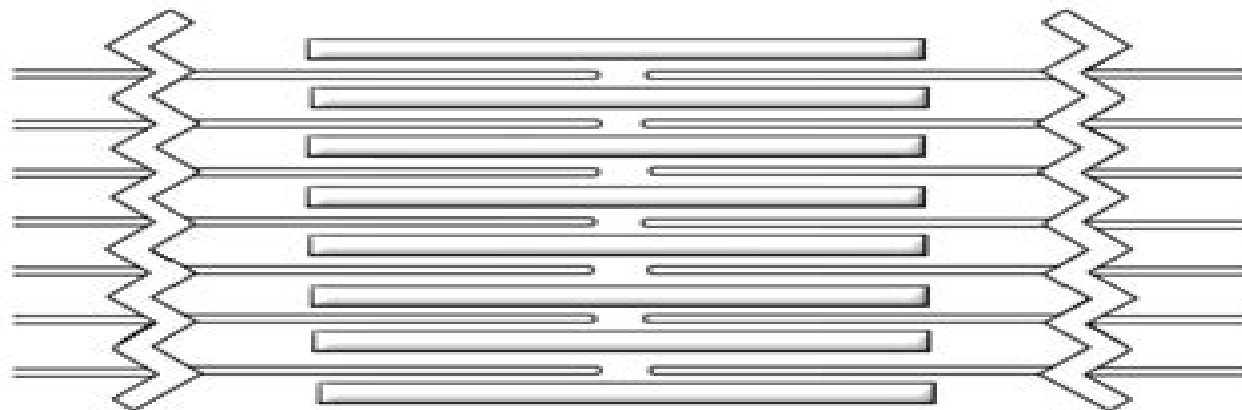
## Sarcomere Coloring

Color the individual myofilaments (A) purple, these are composed of both thick and thin filaments. Mitochondria (B) are dispersed through the muscle fibers, color all mitochondria pink. Recall that mitochondria supply energy needed for muscle contraction.



Two types of transport systems are found within the muscle. The sarcoplasmic reticulum (E) is a network of tubes that run parallel to the myofilaments. Color this network green. The transverse tubules (C) run perpendicular to the filaments – color both yellow. The entire muscle fiber is surrounded by the sarcolemma (D), color this membrane brown.

If expanded, the light and dark bands are shown as individual thick and thin filaments. Color the thick filaments red and the thin filaments blue. The Z disc is the boundary between sarcomeres, named after its shape. Color the Z-discs orange.



Using your textbook, identify and label the following areas on your diagram.

1. H - Zone
2. A - Band
3. I - band
4. Draw in and label the M-line

# Sarcomere Coloring Answers

**Daniela Niemeyer**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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