

Warm-Up (No notes, no blanks)

1. Myofibrils are made up of two types of _____, otherwise known as _____ and _____ filaments.
2. List the three *types of muscle tissue* and provide at least three *characteristics* of each.
3. The majority of a muscle fiber's volume is taken up by structures known as _____.
4. Thick filaments may be referred to as _____ and thin filaments as _____ given the proteins each filament is comprised of.
5. A muscle is made up of a bunch of _____ which are made up of a bunch of _____.