**Stretch Reflex and Muscle Contraction Review**

**Two good videos:**

1. Muscle stretch reflex | Organ Systems | MCAT | Khan Academy

<https://www.youtube.com/watch?v=Ya-3XHBWDqs&list=PLk5lrrv5Lar2joBvm5evOpeyjuAi_Mezn>

1. Muscle Spindle and GTO

<https://www.youtube.com/watch?v=t6DhSK_1fio&t=568s>

**Training for Stretch and Training for Strength**

Our Muscle Text from last time