

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=PLk5Irrv5Lar2joBvm5evOpeyjuAi_Mezn

2. 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