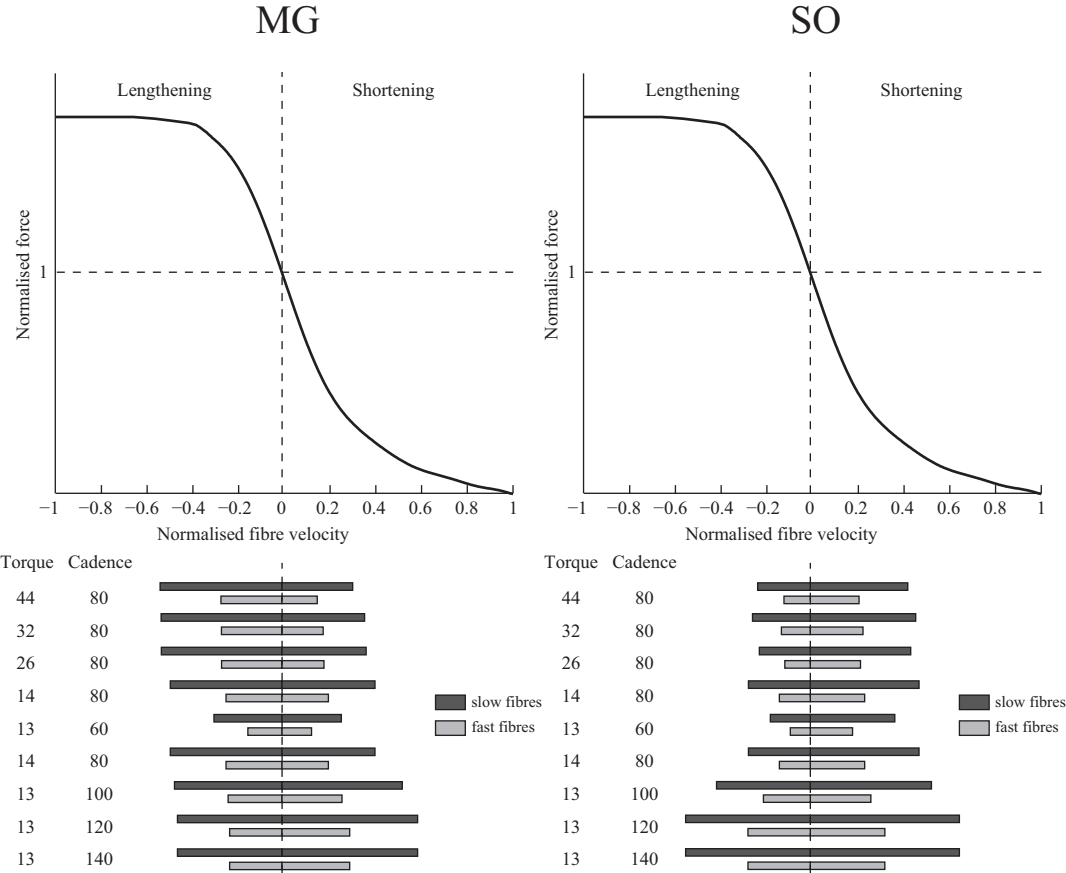
MG
Lengthening
Shortening
Normalised force
1
−1 −0.8 −0.6 −0.4 −0.2 0 0.2 0.4 0.6 0.8 1
Normalised fibre velocity
Torque Cadence
44 80
32 80
26 80
14 80
13 60
14 80
13 100
13 120
13 140
slow fibres
fast fibres
SO
Lengthening
Shortening
Normalised force
1
−1 −0.8 −0.6 −0.4 −0.2 0 0.2 0.4 0.6 0.8 1
Normalised fibre velocity
Torque Cadence
44 80
32 80
26 80
14 80
13 60
14 80
13 100
13 120
13 140
slow fibres
fast fibres