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Chatzisarantis NL, Biddle SJ. Functional significance of psychological variables that are included in the Theory of Planned Behaviour: A Self-Determination Theory approach to the study of attitudes, subjective norms, perceptions of control, and intentions. *European Journal of Social Psychology*.

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This is known as the sliding filament theory. In this figure shown in the book it gives 10 steps in the initiation and end of the contraction. Below the steps are more condensed to assist in understanding. Check out Fitness Mentors Study Guide for the NASM CPT Exam to learn what you need to know specifically about this chart. 1.

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