

## Muscle Contraction

	Isometric contraction	Isotonic contraction
Length of the muscle	Remains same	Shortening of the muscle
Tension	↑ during the contraction	No change
Mechanism	Sarcomere which shorten do so by stretching those which do not	Shortening of individual sarcomeres adds up to the shortening of the whole muscle
External work	No external work done	Work done
Example	Trying to lift heavy weights (when the weights are not actually lifted)	Lifting of weights