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MM StructureMuscle	Form	Mnemonic Device TOC#12
Muscle	SKELETAL MUSCLE Surrounded by: Epimysium Contains: Muscle fascicles	
Fascicles	MUSCLE FASCICLE Surrounded by: Perimysium Contains: Muscle fibers	
Muscle Fiber	MUSCLE FIBER Surrounded by: Contains: Myolibrils	
Myofibrils	MYOFIBRIL Surrounded by: Sarcoptasmic reticulum Consists of: Sarcomeres (2 line)	
Sarcomeres	I band A band SARCOMERE Contains: Thick filaments Z line M line Titin Z line H zone (e)	
Myosin Filaments		
Actin Filiments	Bribaid-hilotyki J niaogan (287-) bon filotyki bon filotyki bon filotyki fi	