Morphological Changes in Skeletal Muscle

Figure 5. A possible model for the changes in muscle size that occur in response to strength training and immobilization. A. With training, cross-sectional fiber area increases in direct proportion to the increase in myofibril size and number. B. With immobilization fiber area decreases in direct proportion to the decrease in myofibril area. C. The possibility of training-induced fiber splitting is discussed later in this chapter.